

FOOD FORUM

DOROTHY JOHNSON

Pork: The Price Is Right

As the cost of just about everything continues to soar--especially the cost of meat--inexpensive standbys like pork seem more attractive to us than ever. (Have you noticed that beef has gone up in price almost twice as much as pork?)

We've found some underrated, cost of pork--pork butt rather than loin, that make gourmet dishes.

HUNGARIAN PORK MEDALLION

- 4 sweet potatoes (about 1-1/2 lbs.)
- 1 (1-1/2 to 2 lbs. smoked) pork butt
- 1/4 cup butter or margarine
- 1/2 cup green pepper, cut into strips
- 1/2 cup red pepper, cut into strips
- 1 onion, sliced
- 1/4 cup red wine
- 1/4 cup chicken broth
- 2 cloves garlic, crushed
- 3 whole cloves
- 1/2 tsp. allspice

Place 4 unpeeled (scrubbed) sweet potatoes in a sauce pan. Cover with water. Bring to a boil, cook over medium heat 15 minutes. Drain and cool.

Meanwhile trim excessive fat from smoked pork butt. Cut into 1/4 inch slices. Brown slices, a few at a time, in butter or margarine. When all pork is browned, add 1/2 cup each green pepper and red pepper strips, and sliced onion. Cook 5 minutes. over Medium heat or until vegetable are tender.

Peel cooled sweet potatoes. Cut into 1/4 inch slices crosswise. Layer in bottom of casserole dish. Add browned pork slices and top with sauteed peppers and onions. Combine 1/4 cup each wine and chicken broth, 2 cloves garlic, crushed, 3 whole cloves and 1/2 tsp. allspice. Pour over casserole. Cover and bake in preheated oven 25 minutes at 400 degrees.

PORK GOULASH

- 1-pork shoulder butt, in one piece
- 1 tsp. instant meat tenderizer
- 2 tbsp. flour
- 1 tbsp. paprika
- 2 tbsp. cooking oil
- 1 cup sliced onion
- 3/4 cup broth
- 2 cloves garlic, crushed
- 1 tsp. caraway seed
- 1 tsp. dill weed
- 1/2 tsp. pepper
- 1/2 cup dairy sour cream
- Apple Sauerkraut (recipe below)

Sprinkle pork shoulder with tenderizer. Cut into 1-1/2 cubes. Coat meat with flour and paprika. In a large sauce pan heat 2 tbsp. cooking oil until hot. Brown pork cubes, a few at a time. When all pork is browned add 1 cup sliced onion and saute 5 minutes or until tender. Stir in broth garlic caraway seed, dill weed, and pepper. Add browned pork cubes. Cover and cook over low heat 1-1/4 hours. Or until meat is tender. Just before serving stir in 1/2 cup dairy sour cream. Serve with apple Sauerkraut

APPLE SAUERKRAUT

Drain and rinse 1 can (1 lb.-11 oz.) can sauerkraut. Combine in saucepan with 1 red apple, unpeeled and chopped, 1/4 cup each dry white wine and water and 1/2 tsp. salt. Cover and cook 30 minutes over medium heat. Drain off any surplus liquid if necessary. Place sauerkraut in border around shallow serving dish. Mound Pork Goulash in Center.

PORK VINDALOO

- 6 pork hocks or knuckles
- 3 qts. water
- 6 cloves
- 2 cloves garlic, slivered
- 1 onion, sliced about 1/2 cup
- 1 bay leaf
- 1/2 tsp. sage
- 1/2 tsp. thyme leaves

Sauce:

- 1 cup chopped onion

REDDY KILOWATT'S

Helpful Hints

For The Homemakers

OUTDOOR LIVING

Do you have an outdoor convenience outlet? This opens the backyard "room" to the fun and simplicity of outdoor eating with portable electric appliances. The electric broiler provides efficient, carefree meat cookery. The electric skillet prepares and serves the side dishes. And the electric warming tray will keep foods prepared inside at serving temperatures outside.

SPIT-ROASTED BARBECUED CHICKEN

- 1 cup orange juice
- 1 teaspoon (or cube) chicken bouillon
- 1/2 cup butter
- 1 teaspoon Worcestershire sauce
- 1/4 cup honey
- 2 broiler-fryer chickens (2-3 lbs. each)

Combine orange juice, bouillon, butter, Worcestershire sauce and honey in a small saucepan; heat on medium until bouillon dissolves. Wash and salt chickens; secure on spit according to rotisserie instructions. Rotiss approximately 1 hour or until meat thermometer registers 185 degrees. Baste with marinade several times. Yield: 8 servings.

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NEVADA POWER COMPANY

- 1/4 cup butter or margarine
- 1/2 cup cider vinegar
- 1 tbsp. powdered coriander
- 1 tbsp. cumin seed
- 2 tsp. tumeric
- 1 tsp. powdered ginger
- 1/2 tsp. pepper
- 1 cup chicken
- 4 cups cooked rice
- 1 cup raisins
- 1/2 cup roasted peanuts.

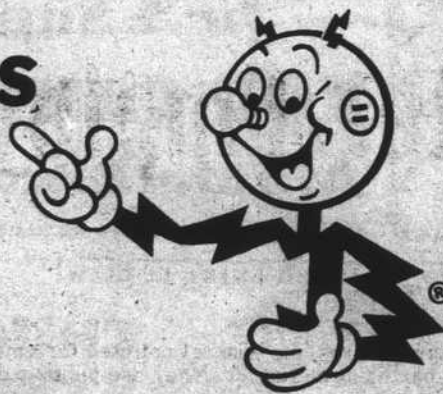
Combine in a large kettle 6 pork hocks or knuckles water, cloves, garlic slivered onion, bay leaf, sage and thyme leaves. Cover and cook 2 hours or until tender. Drain well and cool. Discard outer skin from knuckles and cut meat from bones into large chunks.

Make sauce by combining in a sauce pan, onion, butter. Saute over medium heat 5 minutes or until tender. Combine vinegar, powdered coriander cumin seed, tumeric, powdered ginger and pepper. Stir well to blend. Add onion to saucepan along with 1/2 cup chicken broth and the cooked pork chunks. Cover and cook stirring over low heat 30 minutes.

Into 4 cups hot cooked rice, stir 1 cup raisins and 1/2 cup roasted peanuts. At serving time mound rice in center of platter and surround with pork and sauce.

"Painful indeed is the indigestion that comes from having to eat one's own words."

JOIN THE NAACP



VA Question And Answer

Q--The savings and loan institution which gave me my GI home loan notified me recently that the interest rate on my balance would be raised because of the rising cost of money. Is this legal?

A--No. Veterans Administration regulations do not permit interest rates to be increased above the contract rate agreed upon at the time the loan was made.

Q--In 1967, while in service, I injured a leg while on approved leave, and lost it above the knee. Even though the accident was adjudged in line of duty, I was denied the \$2,800 grant toward the cost of a car. Why?

A--The automobile grant is available to veterans of World War II and the Korean Conflict discharged under other than dishonorable conditions, even if the disability is not incurred in performance of duty. For veterans with qualifying disabilities incurred after Jan. 31, 1955, however, the disability must have resulted directly from performance of active duty, unless application for the grant is filed before release from active duty.

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