



HONEY PORK ROAST

One way to add excitement to a pork roast is to marinate it. This is done by placing the uncooked roast in a liquid, the flavors of which, over a period of time, are absorbed by the meat. This is a very effective way to tenderize the meat.

So, here is a method for preparing boneless pork loin that is delicious and shamefully easy. The end result is a juicy roast with a rich, dark glaze. The Chinese-style marinade takes about two minutes to make, and, after a day of marination, the meat is roasted, and the marinade becomes a delicious sauce that complements the natural sweetness of the pork.

Serve this dish with green beans or broccoli, fried potatoes and a California Gamay Beaujolais.

Honey Pork Roast

Degree of difficulty: Very easy

Time: Because of marination, about a day. Actual work time, less than 20 minutes.

Servings: Six or more

Cost: Moderate

Ingredients:

- 1/4 cup honey
- 1/2 cup soy sauce (try to get the imported kind)
- 1/4 cup ketchup
- 2 cloves garlic, mashed
- 1 two-pound boneless loin of pork (have it rolled and tied if possible)
- 2 cups chicken or beef stock

• Mix the honey, soy and ketchup in a bowl. Add the garlic cloves to the mixture.

• Place the pork in a small deep container that fits it snugly. Pour the honey marinade over and around the meat, coating it completely. Cover with plastic wrap and refrigerate for 24 hours, turning the meat once during this period.

• Three hours before serving remove the meat from the marinade and place on a rack in a roasting pan. Reserve the marinade.

• Pour one cup of stock into the bottom of the pan, and place the roast in a preheated 350° oven. Every 15 minutes or so, spoon some of the marinade over the meat. Check the liquid in the bottom of the pan, and if it starts to dry out, add more stock. After 1-1/2 hours turn the meat over. Continue cooking and basting until it reaches an internal temperature of 170°F (1-1/2 hours more).

• Remove the roast, which should be very darkly glazed, and put it on a serving platter. If the meat was tied, remove the strings.

• Decrease the liquid in the bottom of the pan by skimming off the fat with a spoon and then boil it over moderate heat on top of the stove to reduce and thicken it.

• Pour this sauce into a sauce boat. Cut the roast in slices about 1/2 inch thick and top each serving with some sauce. A Consumer Service from the CYANAMID Agricultural Division.

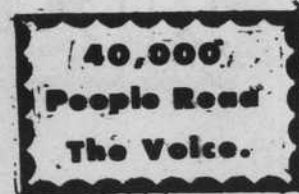


READ-A-THON CHECK - Pat Tynes, (left), Executive Director of the Multiple Sclerosis Society, accepts a check for \$658.88 from student Jessica Barton at Orr Junior High at the close of the school's MS Read-A-Thon project. Looking on are Sandra Olsen, Read-A-Thon sponsor at Orr, and student Juan Thomas.

COMMUNITY COLLEGE TO OFFER SOLAR ENERGY COURSES THIS SUMMER

'Solar Energy for the Homeowner' will be taught to five classes this summer at Clark County Community College. Each class will last four days and is limited to 30 people. David Comarow, Environmental Technology Instructor, will teach the course. Registration will take place on May 26-27 for all five classes. For further information contact David Comarow, 643-6060, Ext. 275.

The act creating the U.S. Department of Labor as a Cabinet-level agency was signed by President William Howard Taft on his last day in office, March 4, 1913.



THELM'S NUMBER ONE!

Thelma Houston's recording of "Don't Leave Me This Way" is number one according to Billboard scarf held by Dinah Shore when Miss Houston appears on the DINAH! show scheduled to air in most cities June 29. Thelma tells Dinah about Bessie Smith, whom she will portray in an upcoming movie. She points out that the late singer was a millionaire who often traveled in her own railroad car. Miss Houston also says that Miss Smith died after an auto accident when treatment was delayed because of racial reasons.



Motorcycle Racing Demands Protective Race Wear

Motocross racing season is in full gear. Off-road and enduro riders are getting back on the trails. Kawasaki's top motocross riders, Jimmy Weinert and Gary Semics, offer hints for competition and trail riding apparel for maximum protection.

1) Along with protecting your head, an approved safety helmet reduces noise which can be ear damaging.

2) Select good leathers, a combination of light cowhide pants with nylon in areas where less protection is needed. Make sure you have adequate knee, shin and hip protection.

3) Select proper mouth guard and goggles. Make sure breathing is not restricted by the guard and visual interference is minimized by goggle or face shield lens.

4) Shoulder pads, ultra light but strong, offer protection for collar bone and shoulder tip areas, biceps and

upper arms.

5. Your body's natural air-conditioning system works best during a motocross race when wearing a synthetic jersey perforated for air flow.



Reasons why you should wear protective race gear are plain as the mud on the rider.

To preserve body fluids on a long desert run, a solid cotton jersey is recommended.

6) Wear proper fitting motocross boots. Boots are usually a one-piece leather design with cinch straps, shin plates and toe caps. Smooth soles and steel reinforced arch plates give extra support and protection.

7) To minimize internal body shock, wear an elastic/canvas kidney supporter that adjusts to practically any waist size.

8) Protective racing gloves, lightweight with extra thick palms, are a must.

Another comfort tip the Kawasaki racers suggest is baby powder to absorb moisture. Use it in your boots and in your leathers. Avoid neck rub from jacket collars; sew in a piece of terry cloth.

You may not make the winner's circle everytime in your racing wear, but you'll feel better.