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HOUSEKEEPERS' CHAT

Friday, January 16, 1931.

(NOT FOR PUBLICATION)

Subject: "Questions and Answers." Information, including menus and recipes, from the Bureau of Home Economics, U. S. D. A.

Leaflet available: "Pork in Preferred Ways."

--ooOoo--

Uncle Ebenezer looked out at me over his newspaper and under his large spectacles.

"I must say, Aunt Sammy, that you certainly look happy, this morning. Nobody would guess to look at you that the thermometer is headed below zero and that I was fooled into buying a load of green firewood yesterday. Beatifically happy, as the poets would say, is just the way you look. Has anything happened?"

"Yes indeed. Something has happened. And in spite of the thermometer, I feel just as happy as the flowers in spring. Why? Because the Menu Specialist has given me such a good menu for Sunday dinner."

I can't wait to tell you about it, so if you will get out your notebooks, I'll start right in on the menu. I hope you own that little leaflet called "Pork in Preferred Ways," that I've mentioned so often. You will find it handy in preparing this meal on Sunday morning.

Now I'll read the menu: Roast Loin of Pork; Baked Sauerkraut and Apple; Baked Sweet Potatoes; Beet and Sweet Pickle Salad on Crisp Lettuce; and, for dessert, Muffin Cakes with Butterscotch Sauce. I'll read this menu once again, to be sure you haven't missed anything. (Repeat)

Perhaps you noticed, as I read, that almost the whole meal is cooked in the oven. That is one of the very good things about this menu. Economical use of the oven means saving in fuel and also in the housekeeper's time.

Open your pork leaflet to page 5 and there you will find complete directions for preparing roast loin of pork.

If you have never eaten baked sauerkraut and apples, a pleasant surprise is in store for you. This is an interesting dish and very simple to prepare. Place alternate layers of sauerkraut and of sliced apples in a buttered baking dish. Pour on sauerkraut juice and dot bits of butter over the top. Bake until the apples are tender.

For the salad, use beets, either newly cooked or canned, and dice them. Cut crisp celery and plain or mixed pickles in fairly small pieces. Combine these three ingredients with a sweet, tart cooked salad dressing and serve on crisp lettuce.

The recipe for plain foundation cake which appears on page 69, is quite suitable for baking in muffin tins and serving as small cakes. Butterscotch sauce poured over the top makes an especially delicious dessert. Shall I give you the recipe for butterscotch sauce? It is such a good one that I am sure you will want it in your file of recipes.

There are seven ingredients:

1 cup brown sugar	1 cup boiling water
2 tablespoons flour	2 tablespoons butter, and
a speck of cinnamon	1/2 teaspoon vanilla.
1/4 teaspoon salt	

Once more. The seven ingredients are: (REPEAT).

Mix the brown sugar, flour, cinnamon, and salt. Add these to the boiling water, cook for five minutes, and stir continually. Beat in the butter and vanilla, and serve hot. This sauce may be served on ice cream, custard, pudding or cake.

I am planning to enjoy that dinner and I hope you will, too.

While we are talking about a roast pork dinner, I think I will answer a request that came in the other day.

"Please give me some general directions for cooking pork. I am doing the cooking for my father and two uncles, who are not quite satisfied with the way I prepare pork. Aren't there some principles to guide me?"

Good for you, Lila Lee. I am pleased to have you ask for principles and general directions. It is far easier to follow any recipe intelligently if you understand the cooking principle behind it.

Of course, you know that the word pork includes cured ham, bacon, pork shoulder, and other preserved products, as well as the fresh meat.

The first principle to remember about cooking is that pork should be well done, cooked to the very center of the piece, yet the outside should not be cooked hard and dry. How is that to be arranged? By regulating the heat. First, sear the surface to develop a rich flavor; then, moderate the cooking temperature, and cook the meat until thoroughly done. Pork sometimes contains the trichina parasite which, if not destroyed, may cause illness. Since this organism is killed when heated to 137 degrees F., you will be perfectly safe if you cook pork to the well-done stage, which is 182 degrees F. at the center of the roast, as registered by a thermometer inserted right in the meat throughout cooking.

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Should water be added to pork during cooking? No, that is neither necessary nor desirable. Hams, shoulders, and loins have enough fat on the outside to baste the lean meat and so do not dry out when roasted, fat side up, at moderate temperature in open pans. To prevent chops from becoming hard and dry, it is necessary to cover them closely after browning and finish the cooking at very moderate heat. And I might add here that broiling and pan-broiling are not successful methods of cooking pork chops. The heat does not have an opportunity to penetrate the meat and cook it thoroughly before the outside surface becomes overdone.

Boned hams and shoulders, stuffed with well-seasoned bread crumbs and roasted, are easy to carve and attractive to serve, either hot or cold. For luncheon or supper, the cold roast meat sliced thin and garnished with parsley or bright jelly is most satisfying. Since its flavor is often as delicate as that of chicken, every bit of cooked lean pork can be utilized in the making of delicious salads, sandwiches and many other dishes.

Monday: "Comfortable Kitchens."

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