

Tar Heel Kitchen

By Miss York Kiker, Department of Agriculture, Marketing Home Economist

Our friends in the pork

industry, have told us to "Ham it up for the Holidays". Perhaps they think it's a new idea but for some of us a fresh pork shoulder and

ham, or a gift of sausage, fresh pork and "cracklins" have been part of Christmas tradition and memories.

It's true that now we know few people who produce their own hogs and pork comes in many different forms today. Holiday eating will still include pork in some form whether in elegant hams that were bought fully-cooked, or simpler sausage and egg dishes.

For a special occasion, you may wish to try Ham Tropicale. Pork and yams go together about like ham and eggs. An excellent combined dish is called Smoked Shoulder Butt Stacks. There are times when breakfast needs to be special so give Sunday Breakfast Su-

preme a try.

HAM TROPICALE

- 1 fully-cooked boneless whole ham (8 to 10 pounds)
 - 1 - 15-ounce can sliced peaches
 - 1 - 8-ounce can crushed pineapple
 - 2 tablespoons cornstarch
 - 1/2 teaspoon ground cinnamon
 - Dash ground cloves
 - 1/3 cup frozen orange juice concentrate, thawed
 - 1/2 cup whole maraschino cherries
 - 1/4 cup light raisins
 - 1/2 cup broken pecan halves
- Place ham on rack in shallow roasting pan. Score ham in diamonds, cutting only 1/4 inch deep. Insert meat thermometer. Roast ham at 325 deg. F. until internal temperature is 130 deg. F. or approximately 1 1/4 hours to 2 1/4 hours. Drain peaches and pineapple, reserving syrups. In saucepan, combine cornstarch and spices. Stir in reserved syrups, orange juice concentrate, and 1 cup water; cook and stir until mixture thickens and bubbles. Spoon some sauce over ham last 30 minutes of baking time. Continue baking; baste occasionally. Reserve a few peach slices and whole cherries for garnish. Cut up remaining peaches and slice remaining cherries. To sauce, add peaches, pineapple, cherries, raisins, and pecans. Simmer 10 minutes. Garnish with reserved peaches and cherries; spoon on a little fruit sauce. Pass remaining sauce.

SMOKED SHOULDER BUTT STACKS

- 6 slices smoked shoulder butt, cut 1/2 inch thick
 - 1 can (1 pound 1 ounce) sweet potatoes or mashed fresh potatoes
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 2 tablespoons brown sugar
 - 2 tablespoons butter
 - 1 can (16 ounces) sliced pineapple
 - 6 marshmallows
- Place shoulder butt slices in a 1 1/2 to 2-quart shallow baking dish. Drain and mash sweet potatoes. Add salt, pepper, brown sugar and butter and mix well. Place one slice of pineapple on each slice of meat. Top pineapple

with 3 to 4 tablespoons mashed sweet potatoes. Bake in a slow oven (325 deg. F) 30 minutes. Remove from oven and top each with a marshmallow. Return to oven and continue baking 15 minutes. Serves 4 to 6.

SUNDAY BREAKFAST SUPREME

- 1 pkg. (3 ounces) cream cheese
 - 1 cup milk, scalded
 - 6 eggs, slightly beaten
 - 1 cup diced ham
 - Salt and pepper
 - 2 tablespoons vegetable oil or drippings
- Beat cheese until fluffy. Gradually stir in milk. Add eggs and ham and season with

salt and pepper to taste. Heat oil in skillet and add mixture. Cook slowly, stirring, until eggs are just set. Makes 4 servings.

HAM-POTATO SALAD

- 1/2 cup dairy sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon seasoned pepper
- 2 tablespoons vinegar
- 2 tablespoons milk
- 2 cups diced cooked potato
- 1/2 cup diced celery
- 2 green onions, thinly sliced
- 1 - 1/2 cups diced ham
- 1/2 cup creamed cottage cheese
- 1 hard-cooked egg, diced

1 carrot, coarsely shredded. Mix sour cream, salt, pepper, vinegar and milk. Combine remaining ingredients, add sour-cream mixture and toss lightly. Chill. Makes 4 to 6 servings.

Not On The Program

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