



By CYNTHIA J. HIGGINS

Men, this is your golden opportunity to show off your outdoor cooking skills. The N. C. Pork Producers Association is sponsoring the 14th annual Pork Chef-Manship Cook-Out Contest for men only. Any male resident of North Carolina is eligible to participate by simply sending in your original outdoor grill recipe along with your name, address, age, phone number, pork cut featured and method of preparation to: N. C. Pork Producers Association, Inc., 201 New Bern Avenue, P. O. Box 25727, Raleigh, N.C. 27611 by September 10, 1982. Ten contestants will be selected from all the entries to compete at the State Fair on Sunday, October 17. The cash prizes are: 1st place - \$350.00, 2nd place - \$200.00, 3rd place - \$150.00, 4th place - \$100.00 and 5th place - \$50.00.

State contestants will be selected on the basis of the pork cut selection for the grill, imaginative use of pork, excellence of preparation, appetite appeal and showmanship. All recipes that are submitted become the property of the N. C. Pork Producers Association.

For more information or entry forms on the cook-out contest, contact the N. C. Pork Producers Association. Elaine Harvell, Home Economist for the Pork Producers would like to share the following recipes for you to try grilling this summer. Enjoy North Carolina pork!

Chinese Stuffed Chops

- 4 butterfly pork chops
- 15 black Chinese mushrooms (dried)
- 6 ounces snowpeas (fresh or frozen)
- 10 whole water chestnuts
- 3 tablespoons vegetable oil
- 1/8 cup water
- 1/2 teaspoon finely chopped fresh ginger
- 1 garlic clove, crushed
- 1/8 cup oyster sauce (commercially prepared)
- 1/4 cup water
- 2 1/2 teaspoons cornstarch
- 1/2 cup Teriyaki sauce
- 1 tablespoon sugar
- 1/4 cup wine

Soak dried mushrooms in hot water for 20 minutes. Pound each chop until 1/4 inch thick. Rinse snowpeas and remove stems. Slice whole water chestnuts. Drain mushrooms and chop into large pieces. In fry pan or wok (over high heat) place vegetable oil. When oil smokes add mushrooms, snowpeas, water chestnuts, water, ginger, garlic and oyster sauce, stir-fry for two minutes; remove from wok and place in bowl. Dissolve cornstarch in water. Then combine Teriyaki Sauce, sugar and wine, add to wok. Stir constantly over medium heat and quickly add vegetables to sauce. Place 4 equal amounts of vegetables in center of each chop; close each open side with toothpicks.

Baste each chop with remaining sauce. Place stuffed chops on grill over medium hot coals, (turning and basting frequently) for 35 to 45 minutes or until fully cooked. Remove toothpicks prior to serving with cooked rice. Yield: 4 servings.

Jeff Moe, 1981 North Carolina Pork Cookout Winner.

Grilled Super Loin

- 6 to 8 pound bone-in pork loin roast
- 1 bunch green onions
- 1/2 cup butter or margarine
- 1/2 cup sliced mushrooms
- 3/4 cup water
- 1 (6 oz.) package pork stuffing mix
- 1 (6 oz.) can frozen orange juice concentrate, thawed
- 1/4 cup chopped orange
- 1 tablespoon dry mustard
- Salt
- Freshly ground pepper
- 1/2 cup honey
- 2 tablespoons commercial steak sauce
- 1 orange, sliced (optional)

Trim green onions, reserving several for garnish. Chop remaining onions, including tops. Melt butter in a large saucepan; add onions and mushrooms, and saute' until tender. Add water, seasoning package from stuffing mix, and half of the orange juice concentrate; bring to a boil. Add chopped orange. Remove from heat and add stuffing crumbs; stir well.

Make slits about 2 inches deep between ribs of roast. Pack stuffing into slits. Rub dry mustard into top of roast and sprinkle with salt and freshly ground pepper.

Make a drip pan of aluminum foil and about 1 1/2 inches deep and extending about 3 inches on each side of roast; place under roast. Insert meat thermometer in thickest part of roast, not touching bone or fat. Place on grill about 6 inches above low coals. Close hood of grill. Cook for 2 to 3 hours or until meat thermometer registers 160°F.

Combine remaining orange juice concentrate, honey, and steak sauce in a small saucepan. Heat until bubbly, and brush on roast. Grill an additional 30 min. or until meat thermometer registers 170°F., basting occasionally with sauce. Let roast stand for 10 to 15 minutes before carving to allow juices to set. Garnish with reserved green onions and orange slices, if desired.

Yield: 10 to 14 servings.



Kant the philosopher, meditated while staring out of his window at a stone tower. When trees grew up to obscure the tower he chopped them down.



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