

# Recipes

## Panfried Pork Chops

6 to 10 pork chops, cut 1/2 inch thick  
 1 tablespoon lard or drippings  
 1 large onion, sliced into rings  
 Salt and pepper

Pan-fry pork chops in hot fat in large frying-pan over moderate heat for 10 to 12 minutes or until done, turning occasionally. Do not and place on platter with overcook. Sprinkle with salt and pepper, remove to hot platter and keep warm. Pan-fry onion rings in drippings until lightly browned. Sprinkle with salt and pepper. 3 to 5 servings.

## Broiled Pork Chops

6 to 8 rib or loin chops, cut 1 to 1-1/4 inches thick  
 Salt and pepper  
 Barbecue sauce or jelly glaze, if desired  
 Place chops on grill (or on rack in broiler pan) so surface of meat is 4 to 5 inches from heat. Broil at low to moderate temperature 8 to 10 minutes on each side. Continue broiling, turning occasionally, about 10 minutes longer or until well done.

Season to taste with salt and pepper. Chops may be brushed with barbecue sauce or jelly glaze during last 10 to 15 minutes broiling if desired. 6 to 8 servings.

## Pork Loin Roast

4 to 6-pound pork loin roast  
 Place roast, fat side up, on rack in open roasting pan. Insert roast meat thermometer so the bulb is centered in the thickest part. Make certain bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (325°F.) until the thermometer registers 165°F.

Allow 30 to 35 minutes per pound for a center loin roast; 35 to 40 minutes per pound for a half loin; 40 to 45 minutes per pound for a smaller blade or sirloin roast. Allow roast to "set" in a warm place 15 to 20 minutes after removal from oven. Roasts continue to cook during this time, rising approximately 5°F. to reach the recommended internal temperature of 170°F.

NOTE: Have the meat retailer loosen the chine (back) bone by sawing across the rib bones. When roasting is finished, the back bone can be removed easily by running the carving knife along the edge of the roast before the meat is placed on the platter to be carved.

## Pork Chops and Carrots--Country Style

8 pork chops, cut 1/2 to 3/4 inch thick  
 8 medium carrots  
 1 large onion, cut in 8 slices  
 1/4 cup flour  
 1 1/2 teaspoons salt  
 1/4 teaspoon thyme  
 1/8 teaspoon pepper  
 2 tablespoons lard or drippings  
 1/2 cup water

Cut carrots in half crosswise; then slice each portion in quarters or halves lengthwise (depending on size) and arrange in bottom of baking dish (13 x 9 x 2 inches) or pan. Combine flour, salt, thyme and pepper. Dredge chops in seasoned flour, brown in lard or drippings and arrange in pan over carrots. Place onion slice on each chop, cover pan tightly with foil and bake in moderate oven (350°F.) 40 to 50 minutes. 4 servings.

## Delay Okra Planting Until Soil Warms Up

If you've had only moderate success trying to grow a good crop of okra in your garden, one of the problems could be that you're planting too early.

Okra is a warm season crop that should not be planted until the soil temperature has reached at least 65 to 70 degrees, suggest N. C. Agricultural Extension Service horticulturists.

The specialists also suggest selecting a site that is well drained. If you know that nematodes are present in the soil, you probably need to treat the soil with an approved nematicide.

A soil test is the only accurate way to determine what kind of lime and fertilizer needs your soil has. If you don't have time to get the testing done this season, a general recommendation for okra is six to seven pounds of 8-8-8 (or equivalent) fertilizer per 100 feet of row. Mix it into the soil before planting.

About four weeks after the plants emerge, sidedress with one to two cups of nitrogen per 100 feet of row. Continue to sidedress with nitrogen every two to three weeks.

Kept healthy, the okra should bear abundantly until frost.

Clemson Spineless and Emerald are two good varieties to grow in North Carolina, according to the N. C. State University extension specialists.

Plant the seed about one-half to one inch deep and about two inches apart. Once the plants are growing, thin them to about 10 inches between plants. Rows should be three to four feet apart.

Okra is ready to harvest in about five to seven days after you see the first blooms. Continue to harvest every two to three days. Okra pods lose much of their quality if allowed to grow too large and become woody in texture.

Some gardeners follow an old habit of removing leaves from the bottom up as they harvest the crop. The NCSU specialists advise against this. The leaves aid the plant in the production of new fruit, and removing leaves reduces productivity.



## Crabmeat Stuffed Mushrooms

1 (8 oz.) pkg. crabmeat  
 18 medium-sized mushrooms  
 1/4 cup melted butter  
 1/4 Onion salt  
 1/4 Pimento

Thaw Crabmeat Stuffing according to package directions. Wash mushrooms, remove stems. Chop stems and mix lightly with stuffing. Brush rounded side of mushroom caps with melted butter and

place on shallow baking pan. Fill center of each with one rounded tablespoon of stuffing. Sprinkle with onion salt and garnish with chopped pimento. Bake at 450° for ten minutes. Use as appetizers or as garnish for roast chicken.



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