

# something's cooking

## Rib Fans Will Rally Around These Spicy Pork Ribs

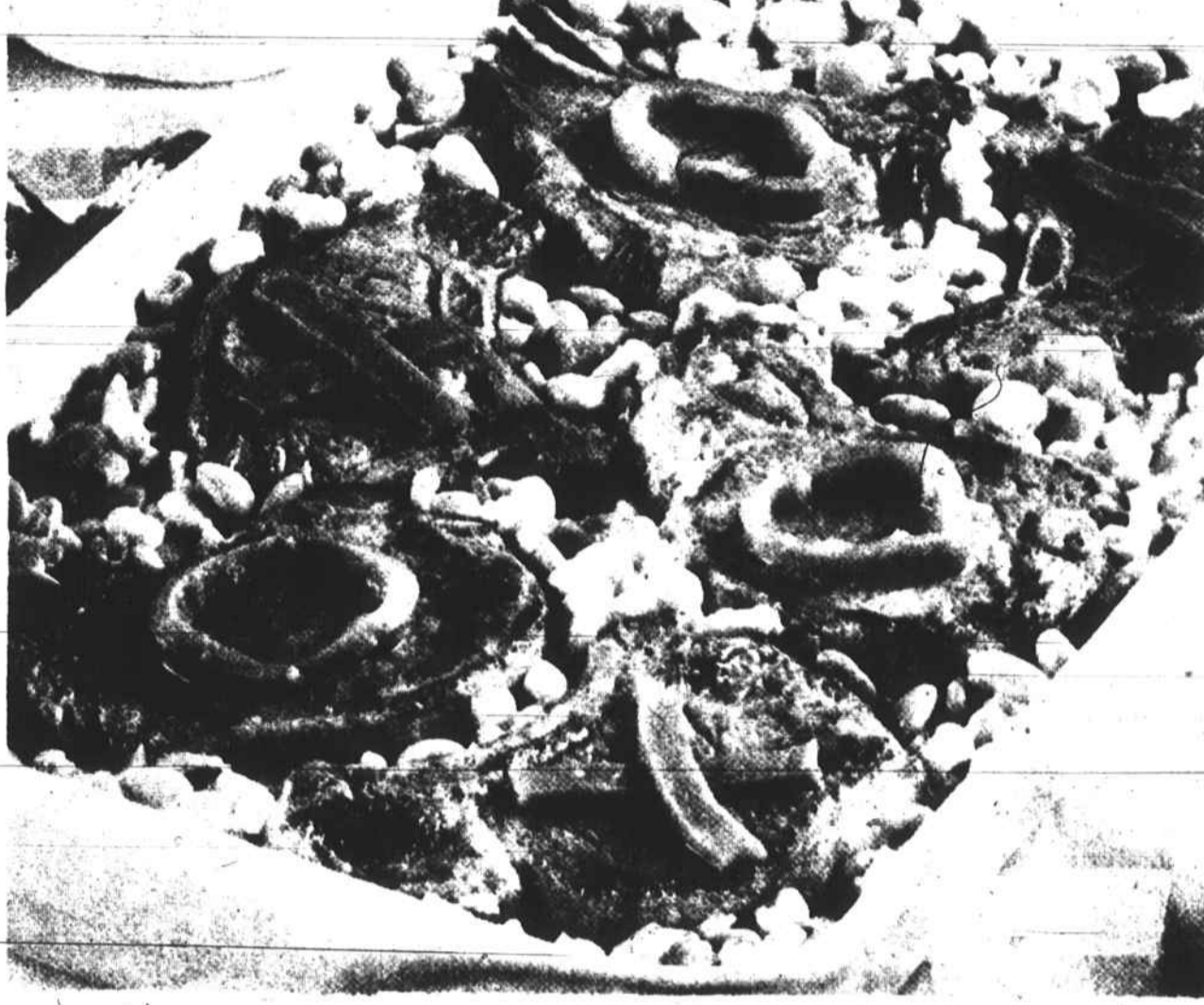
Few foods have as strong or as loyal a following as do pork ribs. Rib fans are noted for their enthusiasm for and devotion to this favorite finger-licking-good pork entree.

Most will agree that part of the fun of eating ribs is trying all the variations. True rib connoisseurs never tire of sampling the different styles, prepared in a variety of ways with a wide range of sauces. Sure to delight adventuresome rib enthusiasts--especially those who like their ribs meaty, flavorful and juicy--are Red-Sauced Country Style Pork Ribs.

While at first glance it may appear that these ribs are glazed with an ordinary barbecue sauce, one bite tells you that there is nothing ordinary about this special sauce. It's a catsup-based blend that's flavored with chili powder, cinnamon and coffee. The sauce, which is easily made in a saucepan, is generously brushed on the ribs during cooking.

More and more rib fans are discovering that there is more of their favorite meat to eat when they select country style ribs. For these ribs, made by splitting the blade end of the loin, contain part of the prized loin eye muscle and either rib bones or back bones. The ribs are usually cut into single rib sections for easy eating.

For ribs that are tender and juicy, it's important that careful attention be given to the grilling procedure. To prevent drying or burning, the ribs should be placed 5 to 7 inches from the heat to provide a low to moderate temperature. Before cooking begins, the coals should be covered with a gray ash and glowing in the center. Since cooking time is approximately an hour, it may be necessary to add coals to the fire to



maintain the correct temperature.

When it is not convenient to cook out, these ribs can still be included in menu plans. They are delicious, too, prepared in the oven broiler or in the microwave oven.

### RED-SAUCE COUNTRY STYLE PORK RIBS

- 3 to 3½ pounds pork country style ribs, cut into single rib sections
- Salt and pepper
- 1 cup catsup
- ½ cup water
- 2 tablespoon brown sugar
- 2 teaspoons instant minced onion
- 1 teaspoon chili powder
- ½ teaspoon instant coffee

Place ribs on grill over ash-covered coals (or on rack in broiler pan) so surface of meat is 5 to 7 inches from heat. Broil at moderate temperature 45 minutes, turning occasionally. Season with salt and pepper. Meanwhile combine catsup, water, brown sugar, instant minced onion, chili powder and instant coffee in small saucepan and cook 5 minutes. Brush ribs with sauce and continue cooking 15 to 20 minutes, or until meat is done, turning and brushing ribs occasionally with sauce. 4 servings.

**MICROWAVE DIRECTIONS:**  
Place ribs on 13x9 inch microwave-safe baking

dish; cover with wax paper and cook at High 10 minutes, turning and rearranging ribs after each 5 minutes. Reduce power to 50 percent (approximately 325 watts) and cook 20 minutes, turning and rearranging after each 10 minutes. Pour off drippings. Season ribs with salt and pepper. Pour sauce over ribs and continue cooking, covered, 20 minutes, turning and rearranging ribs after 10 minutes. Let stand, covered, 5 minutes before serving.

Always a popular partner to ribs are pork and beans which can be heated through on the grill along side the ribs.

## Message Board

### Plan In Advance For Preservation Of Foods

The best time for planning is before the harvest comes in. Not the day you plan to can or freeze, say the specialists.

Consider the amount of freezer space you have, if you plan to freeze produce. If freezer space is limited you may want to preserve part of the food your family needs by canning.

Consider the jars and other canning supplies you have on hand and decide if you will need to purchase some new supplies. Also figure out how much space you have to store canned foods. You may have to consider adding some new cabinet or shelf space for the extra jars.

With a little advance planning, the family food dollar can be stretched while the family enjoys garden-fresh foods year-round.

Be ready for the season and preserve foods during the summer when they're at their peak of quality and when they are plentiful or lowest in price, say agricultural extension foods and

nutrition specialists at North Carolina State University.

If you want to preserve some of your family's food supply for the upcoming year, now's the time to decide how much you want to preserve and what kind of equipment you'll need when the harvest is ready.

A chest freezer allows less cold air to escape when opened than does an upright.

Avoid buying eggplants that are not uniformly dark purple, are soft, shriveled, cut, or show some form of decay such as irregular dark-brown spots.

Shallots are similar in appearance to leeks, but are somewhat different. Shallots are grown in clusters and have practically no swelling at the base, while leeks are larger and have a slight bulb-look and broad, flat, dark-green tops.

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## Recipes

"Cow Belles" has a dual meaning for the cowboy. His way of handling cattle in the brush was "to bell 'em," and to the rest of the world his gal was his Belle. This introduction is the "All Beef Cook Book" sponsored by the Cow Belles, the ladies auxiliary of the American National Cattlemen's Association. These Belles know how to please not only men with the idea but all the family members. York Kiker, N.C. Department of Agriculture Tarheel Kitchen home economist serves on the board of the N.C. Cow Belles.

What will the choice be--a rib roast, T-bone steak, a filet mignon, stew beef, country style steak, a hamburger, or another cut of beef? Each person will have to decide what the budget will allow. In making the choice you will need to keep in mind that beef cuts vary in natural tenderness, but any cut can be made tender through proper preparation. Also if you are wondering about the nutritive value, it is approximately the same in lean portion regardless of the cut.

### SWEET 'N' SOUR BEEF CHUCK

3 lb. beef chuck roast

- Garlic powder
- 1 teaspoon salt
- Coarse ground pepper
- 1 can (2½ ounces) sliced mushrooms
- 2 tablespoons flour
- 1 can (8½ ounces) water chestnuts, sliced
- 2 tablespoons cooking fat
- 1 large green-pepper, cut in thin strips
- ¼ teaspoon cinnamon
- 1 medium onion
- 1 cup thinly sliced red onion
- ¼ teaspoon allspice
- 1 ½ cups water

Sprinkle both sides of roast with garlic powder and coarse ground pepper. Flour both sides and brown in fat in large frying-pan or Dutch oven. Sprinkle cinnamon and allspice on meat. Add onion and water.

Cover and simmer on top of range or cook in a moderate oven (350°F.) for 2 to 3 hours or until tender. Remove onion and discard. Remove meat and reserve cooking liquid. Remove fat and bone from meat and cut meat into large bite-size pieces. Place on a hot serving platter. Prepare Sauce\* and spoon over meat. Serve with hot rice and garnish with fresh mint. 6 to 8 servings.

\*Sauce:

- Cooking liquid from meat
- 2 cans (13¼ ounces each) pineapple chunks
- ½ cup brown sugar
- ¼ cup cornstarch
- ¼ cup vinegar
- ¼ cup soy sauce

- 1 teaspoon salt
- 1 can (2½ ounces) sliced mushrooms
- 1 can (8½ ounces) water chestnuts, sliced
- 1 large green-pepper, cut in thin strips
- 1 cup thinly sliced red onion
- Hot cooked rice
- Fresh mint

Add water, if necessary. 2 minutes.

### Appliances



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