

Pork Chops (Fresh Or Smoked) For Backyard Picnic

A PLEASANT SURPRISE always receives a warm welcome whether it's wrapped in gift paper or comes to the table on a platter, and an occasional surprise is just what's needed to keep outdoor meals interesting. For constant repetition can even dull the popularity of menu favorites.

Many outdoor chefs have learned to look for pork for delicious grill variety to keep the cookout crowd happy. Choosing pork for the grill is an especially good idea this year, since the supply of this fine meat is growing and prices are becoming increasingly attractive.

PORK CHOPS ARE AN IDEAL grill choice. They need no flavor supplement, but can be brushed with a barbecue sauce, if desired. For best eating, select chops at least an inch thick and cook at a moderate temperature just to well done. Avoid overcooking which dries and toughens this naturally tender and juicy meat.

With increased pork supplies comes variety and the more frequent appearance of some less familiar cuts. One of these - smoked pork chops - makes especially delicious and easy cookout fare. Chops cut from smoked loins couple the distinctively delicious flavor of smoked pork with speed and convenience to make this a meat cut for today. Generally these chops are marketed "fully-cooked" so they need only be thoroughly heated through before serving. This makes them especially popular with busy cooks.

For your next cookout surprise, follow these

easy directions for broiling pork chops - fresh or smoked - on the outdoor grill. Complete the menu with other picnic favorites. Your special potato salad recipe and a three bean salad or cole slaw will go well. Carrot, celery and cucumber sticks make excellent finger

foods for outdoor eating. Dinner rolls will complete the main course to everyone's satisfaction. Then top off the meal with a delicious dessert, Blueberry Rum Creme, that combines vanilla pudding flavored with rum extract with whipped cream and blueberries.

BROILED PORK CHOPS

6 to 8 pork rib or loin chops, cut 1 to 1 1/4 inches thick
Salt and pepper

Place chops 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 low to moderate temperature 10 minutes on each side. Continue broiling, turning occasionally, about 10 minutes longer or until well done. Season to taste. 6 to 8 servings.

NOTE: For smoked pork chops, place chops (cut 3/4 to 1 inch thick) so surface of meat is 3 to 4 inches from heat and broil at moderate temperature, turning occasionally, 15 to 20 minutes or until meat is heated

through.

BLUEBERRY RUM CREME

1 pint box blueberries
1/4 cup sugar
1 cup whipping cream
1 package (3 1/2 ounces) instant vanilla pudding

2 cups milk
1/2 teaspoon rum extract

Wash blueberries and fold in sugar. Whip cream until stiff. Prepare pudding according to package directions; stir in rum extract. Allow pudding to set 5 minutes. Fold in whipped cream and blueberries. Chill in individual serving dishes. 6 to 8 servings.

Cholesterol Has Been Getting Pretty Bad Name

Cholesterol has been getting a pretty bad name for itself over the last few years. Just about everyone realizes that high blood cholesterol level is a significant factor in hardening of the arteries which, in turn, increases the risk of heart attacks and strokes. On the other hand the cholesterol level, while it is influenced by heredity, can be lowered by switching to a diet that is low in saturated fats and by shedding a few excess pounds.

But that's not the whole story because medical scientists have found a cholesterol that is actually good for you. It's called High Density Lipoprotein (HDL) cholesterol, or Alpha Cholesterol, and it constitutes about 20 percent of

your body's total cholesterol. As it turns out, you need to have an adequate amount of HDL in order to avoid a higher risk of heart disease and heart attacks. The higher the level of HDL, the lower the risk of heart disease.

Nobody's quite sure how HDL works yet but this is how they think it works. HDL, which binds cholesterol, serves as a scavenger to pick up cholesterol from various parts of the body - including the walls of the arteries - and brings it back to the liver. The liver then uses the cholesterol to produce bile thereby consuming cholesterol for useful body functions rather than letting it build up and contributing to hardening of the

arteries. While research is still being done, physicians agree that there are some things you can do to raise the level of HDL in your blood. Again, like all cholesterol, heredity is an important factor. However, it is recognized that excess weight tends to drive the level of HDL down, so by losing a little weight, you can effectively raise your HDL level. It has also been shown that regular aerobic exercises - like jogging, swimming, or other endurance-type activities - tend to help raise the level of HDL or Alpha cholesterol.

The capability for measuring the level of HDL has become more widely available in the last couple of years.



CHERRY FLAVORED PUNCH WITH ...Cold fried chicken and finger foods

Summertime Is Picnic Time!

Picnicking helps you get the most out of the long days of summer and there are many such days ahead. Wherever you are, the first rule for picnicking is plenty of easy-to-eat foods and lots of tall, thirst-quenching drinks. Cold fried chicken and finger foods are always in order. Two perfect punch drinks featured here are made easy with Kool-Aid brand unsweetened soft drink mix. Prepare trays of fruit-flavored ice cubes ahead and at picnic time, simply stir up a batch of punch. Our Cherry flavored punch combines with sugar, apple juice and the fruit-flavored ice cubes for a combination of flavors that is both refreshing and delicious. The Calypso Punch blends orange flavor, pineapple juice and crushed pineapple for a taste of sunshine. Enjoy!

Cherry Punch

- 1 envelope cherry flavor unsweetened soft drink mix
- 3/4 cup sugar
- 1-1/2 quarts water with Fruit-Flavored Ice Cubes
- 2 cups apple juice

Dissolve soft drink mix and sugar in water with ice cubes in non-metal pitcher; add apple juice. Serve. Makes about 2 quarts or 16 servings.

Calypso Punch

- 1 envelope orange flavor unsweetened soft drink mix
- 3/4 cups sugar
- 2 cups pineapple juice
- 6 cups water and ice cubes
- 1 can (8 oz.) crushed pineapple in juice (optional)

Place soft drink mix in large non-metal bowl or pitcher. Add sugar and pineapple juice; stir until dissolved. Add water and ice cubes and the pineapple. Garnish with fruit slices, if desired. Makes 2-3/4 quarts or 18 servings.

Fruit-Flavored Ice Cubes. Dissolve 1 envelope unsweetened soft drink mix, any flavor, and 1 cup sugar in 2 quarts cold water. Pour into plastic ice cube trays and freeze until firm. Note: Recipe may be prepared 2 or 3 times, using different flavors unsweetened soft drink mix.

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