

# Culinary Outlook

## Farmers produce lower calorie pork

By Aileen Claire  
NEA Food Editor

U.S. breeders have put their pigs on a diet. A prize hog at a state fair used to be admired for its tubby appearance, which indicated a considerable amount of fat to lean meat. But, because of their leaner diets, today's pork has less fat and calories. A look in the meat section of most supermarkets also reveals that the remaining fat has been trimmed from cuts, just as beef is trimmed before it's shipped to market.

According to U.S. Department of Agriculture data, a three-ounce serving of broiled loin yielded 29.6 grams of fat and 351 calories in 1963. The latest study in 1983 showed a three-ounce portion of broiled loin had 11.7 grams of fat and 202 calories. New breeding and feeding techniques should bring continuing decrease.

The leanest pork cuts include pork loin, tenderloin, center cut loin chops, leg roasts and steaks. The nutritional benefits of pork are numerous. It's high in protein, B vitamins and minerals.

Once pork was considered safe to eat only if it was cooked until it was "well-done," and this often meant a mouthful of dry, chewy meat. Boneless pork now may be cooked to medium or to 160 internal degrees, and the meat will be faintly pink in the center. If it's well-done, or 170 internal degrees, it will not have the pink color. Cuts with the bones in them are safe to eat when cooked at 160 degrees, but will have a slightly more intense pink color near the bone. At one time, a 1 1/2-inch bone-in loin-rib chop was considered inedible if not cooked for at least an hour. Now cooking time for a well-done chop is 23 to 25 minutes.

- 1 carrot, cut into 1/2-inch pieces
- 1/2 cup sliced fresh green beans
- 1 small potato, cut into chunks
- 1/4 teaspoon dried basil leaves
- 2 envelopes instant cream of mushroom soup mix
- 2/3 cup water

In medium skillet, melt butter and brown chops. Add vegetables and basil, then soup mix blended with water. Simmer, covered, 45 minutes or until chops are done. This kitchen-tested recipe makes 2 servings. (Recipe can be doubled.)

If substituting canned or frozen green beans; add during last 10 minutes of cooking.

### SWEET AND PEPPERY PORK CHOPS

- 1/4 cup brown sugar
- 1/4 cup lemon juice
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1 cup uncooked rice
- 8 pork chops, cut 1-inch thick
- 3 apples, cut in 1/2-inch wedges
- 1 cup sliced onions, divided
- 1/2 cup raisins, divided
- 2 tablespoons chopped parsley

Make Brown Sauce Base in medium saucepan. Add brown sugar, lemon juice, allspice and salt; mix well. Set aside. Spread rice in bottom of a 3-quart casserole. In large oven-proof skillet, brown chops. Place 4 chops over rice; cover with half of the apples, onions and raisins. Repeat with remaining chops, apples, onions and raisins. Pour Brown Sauce Base over all. Cover.

Bake in 350-degree oven, 45 minutes. Remove cover, bake 15 minutes longer or until meat is tender and rice is cooked. To serve, sprinkle with chopped parsley. If desired, serve with additional pepper sauce. This

kitchen-tested recipe makes 8 servings.

### BROWN SAUCE BASE

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups canned beef broth or 1 beef bouillon cube dissolved in 1 cup water
- 1/2 teaspoon hot pepper sauce

Melt butter in medium saucepan and cook until golden brown. Blend in flour and cook over low heat, stirring constantly, until dark brown. Stir in broth and add pepper sauce. Cook, stirring constantly, until sauce thickens and comes to a boil. This kitchen-tested recipe makes about 1 cup.

### SWEET AND SPICY PORK TENDERLOIN

- 2 teaspoons dried tarragon leaves
- 1/2 teaspoon dried thyme leaves
- 1/4 to 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- dash salt
- 1 pound pork tenderloin, trimmed and cut crosswise into 1/2-inch pieces
- 2 tablespoons margarine, melted
- 1/2 tablespoons honey

Combine tarragon, thyme, black pepper and cayenne pepper and salt in a small bowl. Blend well.

Brush both sides of each pork tenderloin piece with margarine. Sprinkle both sides with seasoning mixture. Arrange tenderloin pieces on broiler pan. Broil, 5 to 6 inches from heat, for 2 minutes per side. Remove from broiler. Brush top of each piece with honey. Broil for an additional minute.

### GARDEN FRESH PORK CHOPS

- 1 tablespoon butter or margarine
- 2 pork chops, 1-inch thick

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By Glenda Hughes, Sales Rep. 873-0300

Having promised you that I would keep you up to date on what's happening in the "market," one month ago, I guess I must report my observations - but it is with some agony that I write this.

Earlier I told you that the market has turned upward, and that is still holding true, with the bottom end of the market selling well, and the middle, just in the past few weeks, starting to move much better - the high end is still very difficult, and nerveracking on all concerned. However, it is a distressful profession to be in at present, for we are party to seeing what homes are going for, offers that are coming in and the aggravation that vendors are going through. With this being a "buyers market," selling prices are considerably lower than the listing price, in lots of cases. Some people have placed themselves in a position that they must close on another home in fairly short order, and this does not make for good negotiations.

We, as sales agents, can only advise our clients of market conditions, and put all the facts and figures together for our vendors and hope that they make intelligent decisions and that they come out OK. In some cases, I suspect, it is not "OK," to say the least. There have been many days, that I have felt responsible for the problems that my clients face, as I am sure many other sales people have also, and it is on those days that I have to grit my teeth and try to just do my job. I know that this will end soon, for all markets change - I just hope this one ends sooner than most.

With the oncoming Christmas season, I know that some of you are wondering if you should take your homes off the market during the holiday season, and as I have been asked this several times, I can only report to you from previous experience. In past years I have found that although the purchasers drop down for about a three-week period, the ones that are out there looking, are really serious buyers, and if your home is not ready to be viewed, you just might lose out. Think about how pretty your home looks with all the decorations and the lights. It is a time of year that sets a home aglow with tradition and warmth. Certainly it is a time to have people see your home at its best. So don't think that because your showings are down, that you won't get a sale - the very opposite could be true.

I am starting to get our home prepared shortly, and looking forward to seeing the twinkling lights again - having friends and family around and making contact with my clients and fellow co-workers. I hope that you are indeed doing the same, and that your holidays will be filled with laughter and good cheer. It's been quite a year, but then every year is what you make it, isn't it - I hope yours has been as happy and as eventful and loving as mine. May many of your dreams come true over the holidays and you are blessed with good health, good friends and good cheer.

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