

Holiday dinner features pork, artichokes



Pork roast with apple-raisin sauce is central dish for this holiday meal.

STUFFED ARTICHOKE WITH MUSTARD DRESSING (Makes 8 servings)

Artichokes:
8 small artichokes (about 8 oz. each)
Boiling water
2 tablespoons lemon juice
½ teaspoon salt

Dressing:
1 cup plain unflavored yogurt
1 tablespoon plus 1 teaspoon mayonnaise
2 teaspoons Dijon-style mustard
Dash each white pepper and hot sauce

Stuffing:
48 small cherry tomatoes, cut into halves

To prepare artichokes: Using a large stainless-steel knife cut off stem of each artichoke, cutting flush with base so that vegetables will stand upright; snap off and discard small leaves at base. Cut off and discard about 1 inch from top of each artichoke. Using stainless-steel scissors, cut about ½ inch off tip of each remaining leaf.

Stand artichokes upright in deep saucepan (no aluminum or cast-iron) that is just large enough to hold them snugly. Pour boiling water into pan to a depth of 2 to 3 inches; add lemon juice and salt and bring water back to a boil. Reduce heat, cover, and let simmer until a leaf can be pulled out easily, about 30 minutes. Using a slotted spoon remove artichokes from liquid; stand vegetables upside-down on a platter to drain and cool.

To prepare dressing: In small bowl thoroughly combine yogurt, mayonnaise, mustard, and seasonings.

To serve: Gently spread leaves of each artichoke apart and, using a small spoon, remove choke (hairlike portion) from center. Stuff each artichoke with 12 tomato halves. Spoon 1/8 of the dressing (about 2 tablespoons) over each stuffed artichoke.

ROAST PORK WITH APPLE-RAISIN SAUCE (Makes 8 servings)

Pork roast:
4-pound pork center loin roast
Dash salt

Sauce:
¼ cup sliced onions
½ teaspoon salt
Dash each ground sage and nutmeg
3 small apples, pared, cored and diced
1 cup apple juice (no sugar added)
¼ cup golden raisins
1 tablespoon water
2 teaspoons cornstarch

To prepare roast: Set pork loin on rack in roasting pan and sprinkle with salt. Insert meat thermometer into center of roast, being careful that thermometer does not touch bone. Roast at 325°F until ther-

момeter registers 170°F., about 2 hours.

To prepare sauce: Prepare sauce during last half hour that roast is cooking. In 1-quart saucepan combine onions, salt, sage, and nutmeg and cook, over low to medium heat, until onions are soft; add apples, apple juice, and raisins and stir to combine. Cover and bring to a boil. Reduce heat and simmer for 10 minutes. In small cup combine water and cornstarch, stirring to dissolve cornstarch; add to apple mixture and cook, stirring constantly, until thickened. Serve warm with roast pork.

VEGETABLE MEDLEY (Makes 8 servings)

6 cups broccoli florets
3 medium carrots (3 to 4 oz. each), cut diagonally into ¼-inch thick slices
1 tablespoon plus 1 teaspoon olive oil
2 tablespoons chopped shallots or onion
2 garlic cloves, minced
2 medium zucchini (about 5 oz. each), cut diagonally into ¼-inch thick slices
½ teaspoon thyme leaves
¼ teaspoon each salt and pepper

In 4-quart saucepan blanch broccoli in boiling salted water to cover for 5 minutes; drain in colander and set aside.

In same saucepan blanch carrots in boiling salted water to cover for 5 minutes; drain in colander and set aside.

In 12-inch skillet heat oil; add shallots (or onion) and garlic and saute until softened, about 2 minutes. Add zucchini, thyme, salt, and pepper and saute for 5 minutes longer.

Add carrots and toss to combine; cover and cook over low heat for 5 minutes. Add broccoli florets, cover and cook until all vegetables are just tender, about 3 minutes longer. Remove cover and cook until all moisture has evaporated.

MIXED LOOSE-LEAFED LETTUCE SALAD WITH HERB DRESSING

½ cup plus 2 teaspoons red wine vinegar
¼ cup water
½ teaspoon each basil leaves and minced fresh garlic
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon plus 1 teaspoon olive oil
6 cups torn green-leaf lettuce
4 cups torn red-edged ruby lettuce

In small bowl mix vinegar, water, basil, garlic, salt, and pepper; gradually stir in olive oil. In salad bowl combine green-leaf and ruby lettuce. Just before serving stir dressing, pour over salad, and toss to coat.

NOEL LOG (8 servings)

½ cup plus 2 tablespoons enriched cake flour
1 ¼ teaspoons double-acting baking powder
¼ cup margarine
1 tablespoon plus 2 teaspoons granulated sugar, divided
¼ teaspoon vanilla extract
4 large eggs, separated
½ cup evaporated skimmed milk
½ teaspoon cream of tartar
1 ½ cups part-skim ricotta cheese
1 tablespoon confectioners' sugar, divided
1 teaspoon freshly grated orange peel
½ cup reduced-calorie apricot spread
Garnish: strips of orange peel
Preheat oven to 350°F. Into a bowl or onto sheet of wax paper sift

together cake flour and baking powder; set aside. Line a 15 ½ × 10 × 1-inch jelly-roll pan with parchment paper and set aside.

In mixing bowl, using an electric mixer at medium speed, beat margarine with 1 tablespoon granulated sugar until creamy. Add vanilla; then add egg yolks one at a time, beating after each addition until combined. Continue beating until mixture is thick and lemon-colored,

about 5 minutes. Add flour mixture alternately with milk, ½ at a time, beating after each addition until just combined.

In another mixing bowl, using electric mixer and clean beaters, beat egg whites at high speed until foamy; add cream of tartar and continue beating until soft peaks form. Gradually beat in remaining 2 teaspoons granulated sugar and continue beating until egg whites are

stiff but not dry.

Carefully fold whites into batter. Pour batter into lined jelly-roll pan, and, using metal spatula, spread evenly. Bake 13 to 15 minutes (until lightly browned).

Turn cake onto towel; carefully remove parchment paper. Starting at narrow end, roll cake and towel together; transfer to wire rack and let cool.

In bowl mix ricotta cheese with 2 teaspoons confectioners' sugar and the grated orange peel. Carefully unroll cake and remove towel. Spread apricot spread evenly over cake; spread ricotta mixture over apricot spread and carefully reroll cake. Transfer, seam-side down, to an oblong platter; cover and chill for at least 1 hour.

Just before serving sprinkle log with remaining teaspoon confectioners' sugar and garnish with strips of orange peel.



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