

FOOD SECTION

MAIN DISH RECIPES

Maraschino Cherry Pork Chops

(Makes 4 servings)

- 1/4 medium onion, thinly sliced
- 4 shoulder pork chops, 1/2-inch thick
- Salt and pepper
- 1 cup canned apple slices
- 1/2 cup red maraschino cherries
- 3/4 teaspoon sugar
- 1/2 teaspoon lemon juice
- 1/8 teaspoon cinnamon

Sprinkle onion slices over bottom of shallow baking dish. Place chops over onion. Sprinkle with salt and pepper. Cover and bake in 350 deg. F. oven 20 minutes. Combine apple slices, cherries, sugar, lemon juice and cinnamon. Turn chops over; spoon cherry mixture over chops. Cover and bake 20 minutes longer or until chops are thoroughly cooked.

Cherry Glazed Ham

(Makes about 14 servings)

- 7 pound fully cooked ham
- 1 jar (8 ounces) red maraschino cherries
- 1 cup firmly packed brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon whole cloves
- 2 medium oranges, sliced and halved
- Parsley

In 325 deg. oven, bake ham 1-1/2 hours. Meanwhile, drain cherries, reserving syrup. In saucepan combine brown sugar, reserved cherry syrup, orange juice and whole cloves; cook until slightly

thickened. Remove ham from oven; score and decorate with cherries and halved orange slices, secured with toothpicks. Brush with glaze and continue baking for 30 minutes, brushing frequently. Garnish ham with parsley.

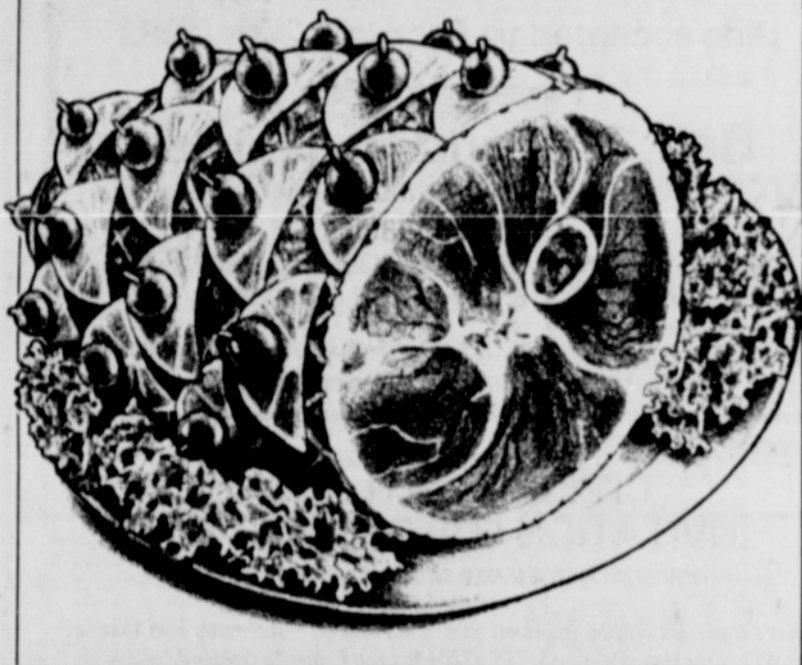
Festive Maraschino Cherry Chicken

(Makes 4 servings)

- 4 chicken cutlets, about 3/4 pound, or 1-1/2 pounds chicken wings
- Salt and pepper
- 1 can (11 ounces) mandarin orange segments
- 1 tablespoon cornstarch
- 1/3 cup orange juice
- 1/3 cup red maraschino cherries
- 2 tablespoons maraschino cherry syrup
- 1/4 cup flaked coconut
- 2 tablespoons chopped crystallized ginger
- 2 teaspoons lemon juice
- 1-1/4 teaspoons soy sauce
- Cooked rice, optional

Place chicken in single layer in shallow baking dish. Sprinkle lightly with salt and pepper. Cover and bake in 350 deg. F. oven 20 minutes. Drain off liquid.

Meanwhile, drain orange segments, reserving 1/3 cup of syrup. In small saucepan, stir reserved syrup into cornstarch; add remaining ingredients. Cook, stirring constantly, until sauce thickens and boils. Add orange segments; pour over chicken. Cover and bake in 350 deg. F. oven for 20 minutes. Serve with rice, if desired.



Salute to the potato

Spud lovers take heed. February, the month for loving, now salutes your favorite sweet-heart—the potato. This tasty tuber is honored during Potato Lover's Month, a remarkable achievement for a vegetable that was at one time thought to be poisonous.

Known since ancient times, the potato was not widely accepted as a suitable food until the late 17th century. Though most people believe the potato to be of Irish origin, its popularity is really attributable to Spanish conquistadores who encountered South American Incas dining on small white roots the size of a peanut. This early ancestor of the potato was introduced to Europe and used mostly as an ornamental plant.

Today, the potato enjoys widespread popularity. It's easy to enjoy exciting potato dishes every day because the tasks of peeling and slicing have been eliminated.

Salute this tasty tuber during February by serving a variety of potato dishes like these.

Potato pancakes

Mornings, especially winter mornings, can become routine. Turn them into something special and lift those sagging winter spirits by surprising someone with breakfast in bed.

For that special touch, serve these delicious Deluxe Potato Pancakes. The tender potatoes are dressed up with sliced green onions, imitation bacon and Swiss cheese. For easy morning preparation, begin with packaged hash brown potatoes to eliminate the peeling and shredding.

A delicious way to make waking up a treat rather than a task, these potato pancakes are also the perfect accompaniment for evening meals.

DELUXE POTATO PANCAKES

- 1 package (6 oz.) hash brown potatoes
- 4 cups hot water
- 1 1/2 teaspoons salt
- 1 cup shredded Swiss cheese (about 4 ounces)
- 1/4 cup sliced green onions (with tops)



Potato pancakes make delicious breakfast.

- 1 tablespoon plus 1 teaspoon imitation bacon)
- 2 eggs, beaten
- 1 to 3 tablespoons vegetable oil

Cover potatoes with hot water in 2 1/2-quart bowl; stir in salt. Let stand uncovered 15 minutes; drain thoroughly. Mix potatoes, cheese, green onions, imitation bacon and eggs. Heat oil in 10-inch skillet. For each pancake, spoon about 1/2 cup potato mixture into skillet; press into patty, about 3 inches in diameter, with back of spoon. Cook over medium-high heat until brown, about 2 minutes; turn and cook other side until brown, about 2 minutes. 5 servings (10 pancakes).

Store spuds carefully

Don't boil or bake potatoes and then leave them at room temperature until you get around to making potato soup or potato salad, warns Marilyn Lunner, Clackamas County Extension agent. Keep the potatoes hot (140° or above) or cold (45°F or below) until you're ready to use them, or run the risk of botulism.

Potato salad has been implicated in three outbreaks, which resulted in 47 cases of type A botulism in the United States since 1967. Analysis of one of these outbreaks by the Food and Drug Administration revealed type A and type B Clostridium botulinum spores in samples of raw potatoes. Those potatoes came from the stock of a restaurant involved in one of the out-

breaks. "This finding caused researchers to conduct laboratory studies to determine how potato salad could become a vehicle for botulism," notes Margaret Lewis, Oregon State University Extension nutrition specialist. "Potatoes that had been inoculated with C. botulinum spores were found to contain toxin when held at room temperature for some time after baking."

Potato salad has also been implicated in cases of staph food poisoning, says Lewis. In this case, it is not the mayonnaise that spoils readily but the potato and the egg. Within a few hours, depending on room temperature, the cooked potatoes or the salad may become unsafe to eat.

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