



GOING STEADY—Pork and apple sauce have been steady for a long time. Both are on all lists of plentiful at low cost. Both are amazingly versatile as you will see by reading today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Bountiful Include Pork, Processed Apples, Cranberries
Thirty days hath November... and each one finds the harvest of seasonal good things piling high. There is a tremendous harvest of pork; one of the largest ever recorded. That means especially attractive pork prices in our markets.

No one ever heard of fresh pork without apple sauce and that brings us to our abundance of apples and apples that have been processed for our convenience. More and more fresh apples are being eaten out-of-hand. Processors are stock-piling apple sauce, apple slices, apple juice for our convenience; this being the age of convenience foods and there is little doubt but that they can do a better job of apple processing than we can in our kitchens — and at lower cost, too.

Canned apple sauce, for instance, is usually a blend of from two to five choice cooking apples. These fine juicy varieties in combination give a sweetness, tartness and zest that distinguish the ready-to-serve apple sauce as a quality product of fine flavor.

Apple slices are made from extra firm juicy varieties of apples that retain their firm texture as well as flavor when canned or glassed.

Canned and glassed apple juice has made phenomenal strides in production as a result of consumer acceptance. Twenty-five years ago, apple cider was made and consumed in greater quantity than any other juice. Today, cider is mostly a seasonal specialty while the clear, light-colored apple juice is zooming in popularity on our grocery shelves the year around; comes in sizes ranging from six ounce cans to gallon jars.

Fresh Cranberries
This is a big year for cranberries with Oregon and Washington crops the biggest in history. Recently arrived in our markets, their low cost approximates that of holiday peak seasons in the past. Known as the berry with the bounce (the fresher the berry, the bigger the bounce), fresh cranberries are zesty eating in sauce, jelly, relishes, pies, tarts, cakes, shortcake, ices and in fruit salads, fruit molds and are popular for juice. To freeze, simply put whole and loose in proper container.

Plentiful Pork, Apples Make Pleasing Combos
Pork and apple sauce have been keeping steady company for a long time. Let's enliven this popular duo with some new flavor combinations using canned apple sauce, apple slices and/or apple juice.

Applebeers. For a change, spike apple juice with lemon juice or blend it with cranberry juice as an appetizer to precede a meal that features pork roast or chops.

Breakfast Lore. Frizzle canned apple slices gently in a little of the bacon fat; then top them with the crisp bacon strips.

Hot or Cold. With either pork roast or pork chops, offer a generous bowl of ready-to-use apple sauce spiked with horseradish or combine apple sauce with a handful of raisins. Serve heated or chilled.

Ham Slice. Rub ham slice with one teaspoon dry mustard and two tablespoons brown sugar. Place in baking pan and add one cup apple juice; bake at 350 degrees for one hour, covered. Uncover and bake one-half hour longer, basting occasionally.

Party Stuff. Add one-half cup slivered candied ginger to one can of apple slices; chill and offer in a relish tray.

Relish for Ham. This relish is so easily done, so very satisfying with fresh or cured ham either, hot or cold. Combine one can apple slices and one can whole cranberry sauce. Toss in a few coarsely chopped nuts if you like.

Apples and Squash Combine in Scallop
Canned apple sauce is also popular as an ingredient; combines well with many vegetables. We tried it with another seasonal delight, squash:

like the recipe so well that we share it with you. Very good with either pork or poultry. Six servings.

2 cups canned apple sauce
1½ cups cooked, canned or quick-frozen squash
¼ cup brown sugar
Dash nutmeg
½ teaspoon salt
¼ cup melted butter
½ cup evaporated milk
2 eggs, beaten
1½ cups soft bread crumbs, buttered, optional
½ cup slivered toasted almonds

Combine apple sauce, squash, brown sugar, nutmeg, salt, butter, evaporated milk and eggs. Mix well. Pour into buttered shallow baking dish. Sprinkle with buttered crumbs, then with nuts. Bake in moderate oven, 375 degrees, 25-30 minutes. Serve hot, of course.

Broiled Swordfish
Swordfish is gaining in popularity right along; is now available fresh or frozen the year 'round. Broiling is favored way of cooking. We like it with anchovies.

2 pounds swordfish steaks
Salt and pepper
4 tablespoons butter or other fat, melted
Canned fillets of anchovies
Sprinkle both sides of steaks with salt and pepper. Place fish on preheated greased broiler pan about two inches from heat. Brush with melted fat. Broil for five to eight minutes or until slightly brown; baste with melted fat and cook five minutes or until fish flakes easily when tested with a fork.

Place one or two flat fillets of anchovies on each steak and return to broiler for about three minutes. Remove carefully to hot platter and garnish with lots of parsley, plenty of lemon wedges. Serve immediately. Six generous servings.

Many Ways with Fresh Cranberries
The ruby red of fresh, plump, tart and bouncy cranberries beckons from every fruit stand display. Quality was never better as fresh cranberries pour into local markets from Oregon and Washington bogs; the biggest crop in their history.

They come by the pound in film bags and in cartons; for sauce, for relish, for pies, cakes, tarts and for the making of colorful molded salads and relishes like these:

Relish Mold
For serving with pork or poultry: Dissolve one package raspberry flavor gelatin in one cup boiling water. Add another one-half cup cold water and set aside to cool. Put two cups fresh cranberries and one orange (quartered and seeded, rind on) through food chopper. Add one cup sugar and mix well. When gelatin begins to thicken, fold in cranberry-orange mixture. Pour into large mold or individual molds and chill until firm. Unmold and serve on crisp lettuce cups.

Cranberry Salad
Here, fresh cranberries combine with apples, grapes in a cherry fruit-flavored gelatin in one cup hot water. Chill until slightly thickened. Put two cups fresh cranberries and two apples, peeled and cored, through food chopper. Fold ground fruit and one cup seedless green grapes into gelatin. Pour into one quart mold or individual molds. Chill until firm. Unmold on lettuce. Serve with or without mayonnaise.

Cranberry Pork Chops
We combine plentiful pork chops with plentiful new-season fresh cranberries for a genuine treat. For each four servings:

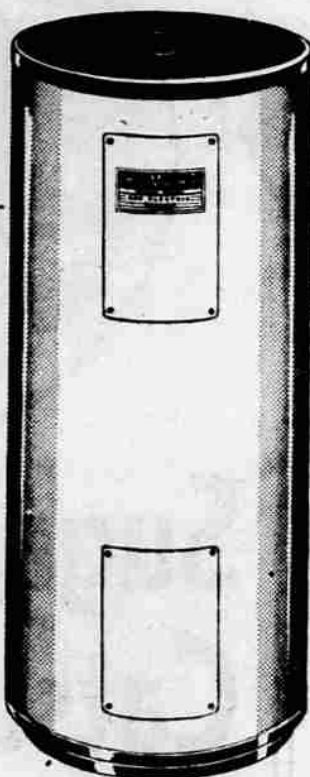
Brown four one-inch thick pork chops in a skillet. Season with salt and pepper. Combine two cups ground or chopped fresh cranberries, one-half cup honey, one-fourth teaspoon ground cloves and one-fourth teaspoon nutmeg. Pour this mixture over the browned chops in the skillet. Cover and cook slowly about one hour or until chops are thoroughly done.

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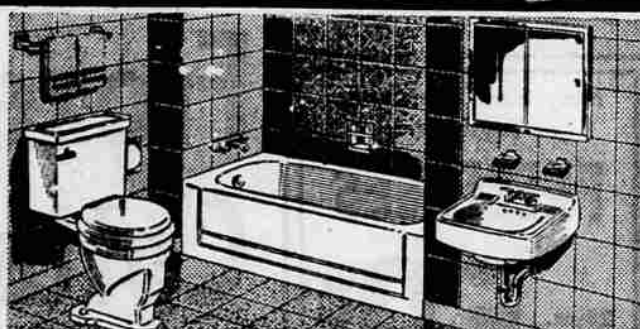
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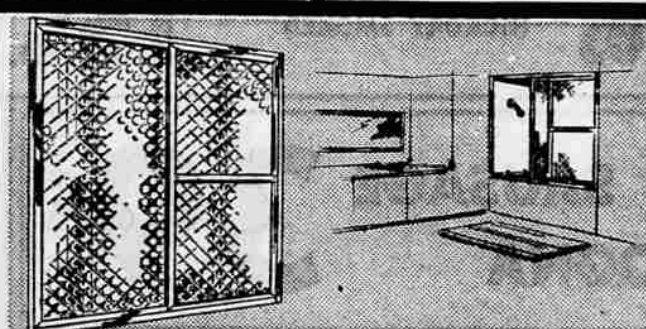
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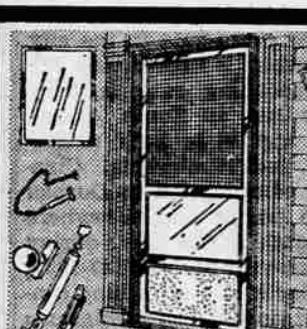
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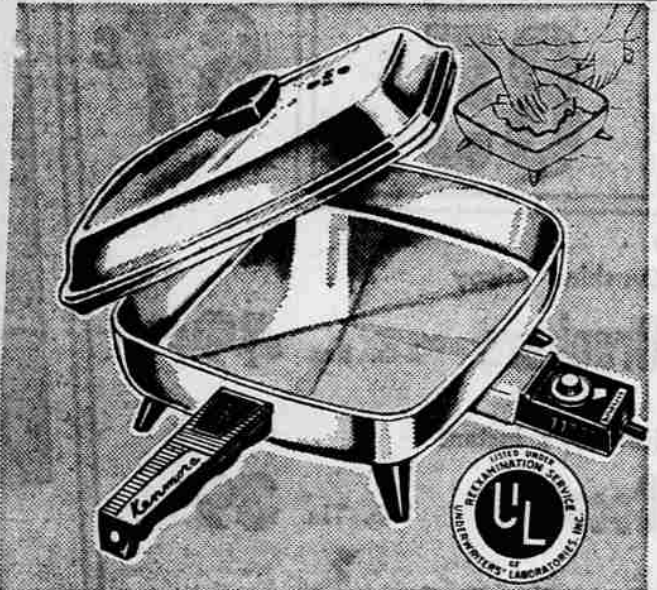
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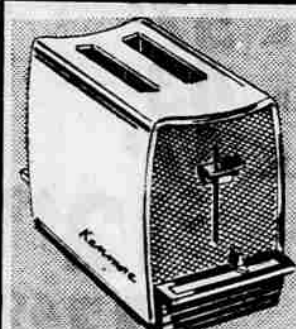


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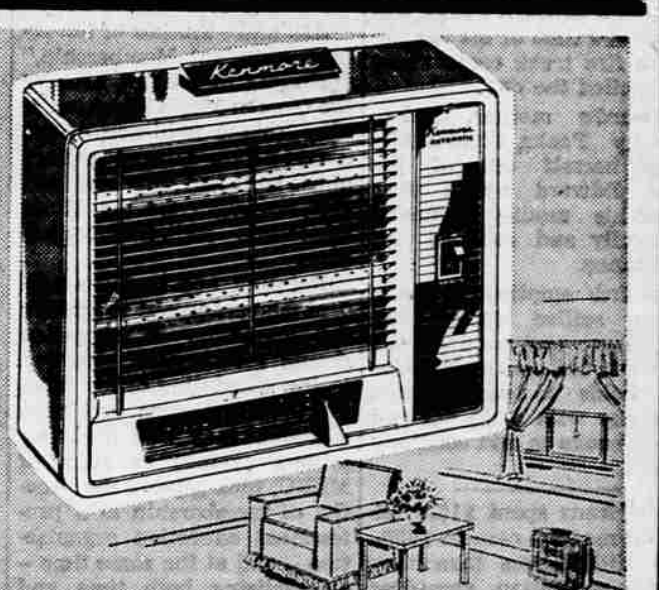
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