

Specialties in Gourmet

By RUTH KING

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Sweet-Sour Pork Balls

While Epicurus was still in his cradle, the ancient Chinese chefs knew all about epicurean foods. Soups, savories and most of all, sauces, were being cooked as proof of their being "A wise man always eats well."

One such sauce has a favored place in the Cantonese cookery of today. A little bit sweet, a little sour, it does marvelous things to crisp cooked vegetables in combination with pork balls.

You'll find all the ingredients for pork balls Cantonese at the corner grocery, from evaporated milk which keeps the meat balls plump and tender, to soy sauce with its hint of Oriental flavor. Serve this sweet-sour dish over rice for a colorful, gay entrée.

PORK BALLS CANTONESE

- 1 pound ground pork
 - 1 teaspoon salt
 - Few grains pepper
 - 1/4 cup finely chopped onion
 - 1/2 cup evaporated milk
 - Sweet-Sour Sauce
 - 1/4 cup blanched whole almonds, toasted and salted
 - 4 cups hot cooked rice
- Combine ground pork, salt, pepper, onion and evaporated milk in a medium size mixing bowl. Mix gently until all ingredients are blended. Divide and shape mixture into 12 meat balls. Place in a shallow baking pan and bake in preheated moderate oven (350 degrees) until nicely browned, about 35 to 40

Lobster And Fruit

Here is a luscious lobster salad recipe from the country life chapter of a new cookbook.

Lobster salad is greatly improved by the addition of pieces of ripe melon or some white grapes. The combination of flavors is interesting and delicious. This tempting main-dish salad is served along with golden twist brown and serve rolls, and sliced lemon or lime wedges.

LOBSTER SALAD

- (Serves 4)
 - 1 pound cooked lobster, cut in pieces
 - 1 cup diced ripe melon (cantaloupe or honeydew) or 1 cup white seedless grapes
 - 1 cup mayonnaise
 - 1 cup sour cream
- Mix together the mayonnaise and sour cream.
- Toss together the lobster and fruit and mix with the mayonnaise and cream.
- Chill well before serving.

ANIMAL CEREAL

A new animal-shaped oat cereal is lightly coated with brown sugar, good as snack food or with milk or cream as a cereal. The 8-ounce box contains horse, camel, lion, donkey, hippo, elephant, goat and rhino shapes.



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Pork, Apples 'N' Sauerkraut

It's a time of plentiful pork again! It's also the apple season, so why not combine pork and apples in a main dish?

Here's a new combination sauerkraut fans will love. Pork shoulder steaks bake on top of apples, sauerkraut, onion and caraway seeds. The results... a real palate pleaser!

According to Reba Staggs, meat expert, pork steaks need braising. Therefore, the baking dish is covered for half the cooking time to hold in the steam for moist-heat cooking.

PORK STEAKS AND APPLE-KRAUT
4 pork shoulder steaks, cut 1/2 inch thick
2 tablespoons lard or drippings
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon prepared mustard

SALT-FREE DIET
Because wheat germ is low in sodium and relatively rich in good quality protein, it is often recommended as a meat substitute when one is on a sodium-restricted diet. One ounce of wheat germ gives the 25-year-old man about 14 per cent of his daily protein requirements.

- 1 tablespoon prepared horseradish
 - 1 can (1 pound 13 ounces) sauerkraut, drained
 - 2 medium apples, chopped
 - 1/2 cup chopped onion
 - 1 teaspoon caraway seeds
- Brown pork steaks in lard or drippings. Pour off drippings. Season steaks with salt and pepper. Combine mustard and horseradish and spread over steaks. Combine sauerkraut, apples, onion and caraway seeds. Arrange pork steaks on top of sauerkraut. Cover tightly and bake in a moderate oven (350 degrees) 30 minutes. Uncover and continue baking 30 minutes. 4 servings.

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