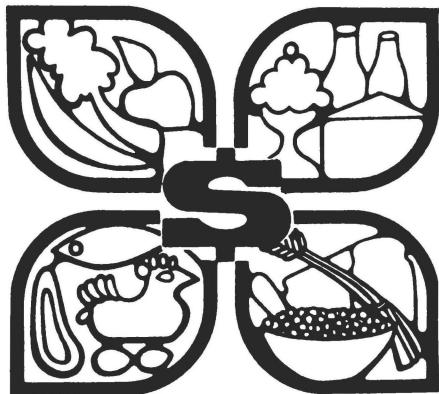


LD
5655
A761
M1154
no. 528
c. 2

► VIRGINIA COOPERATIVE EXTENSION SERVICE ◀
EXTENSION DIVISION • VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY • BLACKSBURG, VIRGINIA 24061



V.P.I. & S.U. LIBRARY
MF-528

August 1980

FOODS AND NUTRITION

SEP 18 1980

BLACKSBURG, VIRGINIA

PORK AND POTATO SUPPER

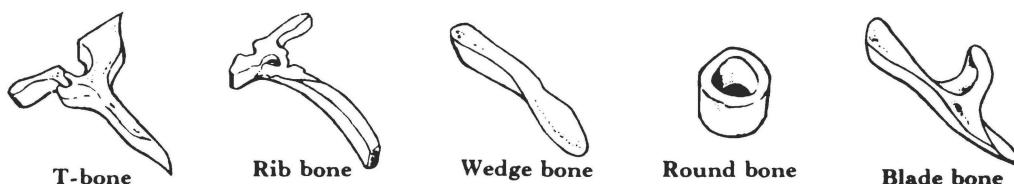
Pork and Potato Supper
Cooked Greens
Corn Bread Butter
Sliced Peaches Cookies .

Pork and Potato Supper

6 pork blade or arm steaks (about $2\frac{1}{2}$ lbs)
 $\frac{1}{4}$ cup all-purpose flour
1 teaspoon salt
dash pepper
1 cup water
4 medium potatoes, peeled and sliced $\frac{1}{2}$ -inch thick
2 medium onions, thinly sliced

Coat steaks with a mixture of the flour, salt, and pepper. Brown steaks on both sides in hot fat. Drain off any excess fat.

Add water. Cover tightly and simmer for 25 to 30 minutes. Place potato and onion slices over meat; season with salt and pepper. Cover and simmer until potatoes and onions are tender, about 25 to 30 minutes longer. Makes 6 servings.



Rib, blade, arm, and loin-end pork chops and steaks are just as nutritious and good tasting as center-cut chops but usually cost less. The bone shape can help you identify the cut. Those having the T-bone or rib-bone will usually be the most expensive, while those having the wedge bone, round bone, or blade bone should cost less.

Cooked greens go well with the pork and potato supper. Choose your favorite, wild or tame, mild or strong, smooth or furry--spinach, kale, collards, cress, turnip greens, dock.

Choose greens that are fresh, young, tender, free from blemishes, and which have a good healthy green color. Beet tops and chard will show reddish color.

Avoid leaves which have coarse, fibrous stems, a yellowish-green color or are soft (a sign of decay) or wilted.

Look over leaves carefully when washing. It is sometimes hard to spot insects on the leaves. Wash greens several times. Lift greens out of water as grit settles to the bottom of the pan.

Cut or tear out tough stems and midribs and discard.

There's usually no need to add water when cooking greens. Enough will cling to the leaves after washing to keep them from sticking. After cooking, some of the vitamin C which was in the greens will be in the cooking liquid. If there's a lot of liquid and you throw it away, you are throwing away vitamin C. If there's just a little, you can serve it.

Fat meat, bacon, butter, or margarine may be used for seasoning. Don't use so much seasoning that you can't taste the greens. A little vinegar or lemon juice may enhance the flavor. Some persons serve greens with chopped onion or hard-cooked egg.

Brownie Drop Cookies

1 cup (2 sticks) butter or margarine
1 3/4 cups sugar
1 cup cottage cheese
2 eggs
1 teaspoon vanilla extract
2 1/2 cups sifted all-purpose flour
1/2 cup cocoa
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped nuts, if available

Preheat oven to 350°F. Cream butter in a large mixing bowl. Gradually add sugar and beat until light and fluffy. Add cottage cheese and beat thoroughly. Add eggs, one at a time, beating well after each addition. Blend-in vanilla. Sift together flour, cocoa, baking soda, baking powder, and salt; gradually add to creamed mixture. Add nuts. Drop by rounded teaspoonsfuls onto greased baking sheets; bake 12 to 14 minutes. Remove to wire racks to cool. Makes about 8 dozen cookies.