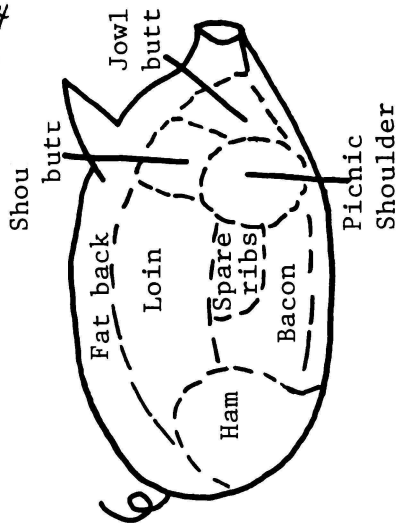


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## PORK



Pork is a favorite meat. Pork is tasty and high in food value.

Pork is sold both fresh and cured. Fresh pork cuts are light grayish-pink to red in color. The flesh should be fine and velvety. Outside fat should be firm and white. Bone centers should be pink. The flesh of cured pork has a deep pink color.

Some pork cuts have a large amount of bone and fat. That is why you must figure cost per serving to get the best buy.

Pork cut	Servings in pound
Blade steak	3
Center cut or rib pork chops	3
Ham, fully cooked, bone-in	3½
Loin roast, bone-in	2 to 2½
Spareribs	1½ to 2

Bacon and sausage are tasty and add interest to meals. They have a high fat content so may not be the best buy.

## Pork Steaks Creole

4 pork steaks

1 cup uncooked rice

4 slices onion

3 1/2-4 cups canned tomatoes

Salt and pepper the pork steaks. Brown in skillet or lightly greased baking dish. Put 1 onion slice and 1/4 cup rice on top of each steak. Top with tomatoes. Add 1 teaspoon salt. Cover the baking dish. Bake in a 350° oven for 1 hour or until the meat is tender. Serves 4.

Note! This could be done on top of the stove in a skillet with a tight fitting lid.

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