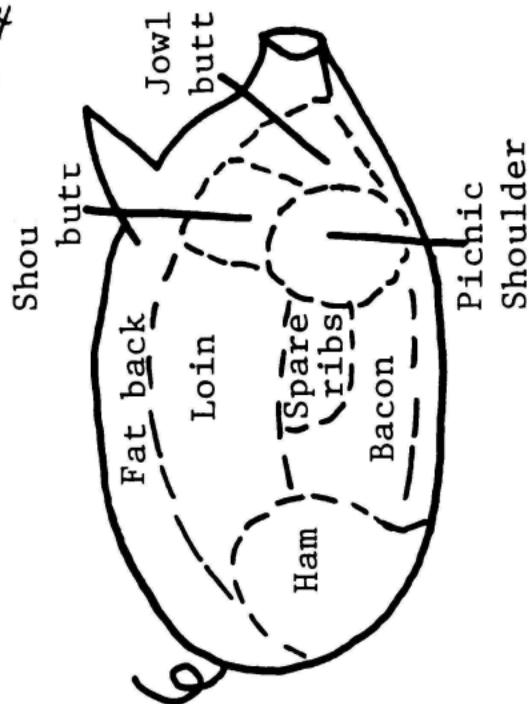


LD
5655
A761
M1154
no. 66
c. 2

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.

MF-66

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. E. Skelton, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061.

The Virginia Cooperative Extension Service by law and purpose is dedicated to serve all people on an equal and nondiscriminatory basis.
An Equal Opportunity/Affirmative Action Employer

For more information contact: