



Enjoy Bountiful Fall Favorites

To salute the arrival of autumn, gather family and friends to enjoy the fabulous foods of a Porkfest celebration. This table festival pays tribute to the season's harvest with a bountiful spread that traditionally includes a succulent pork entree accompanied by other fall favorites.

Since the American Porkfest was inspired by the German "Oktoberfest," it is fitting to adapt hearty and wholesome Old World specialties for the feast. Famous German sauerbraten becomes Porkfest fare when made with a boneless pork shoulder blade Boston roast. Because of plentiful pork supplies, this meaty, full-flavored roast is especially attractive in price this fall.

Easy Pork Sauerbraten calls for the meat to be leisurely marinated, then slowly cooked in a sweet-sour mixture that's seasoned to perfection with convenient onion-mushroom soup mix. Delicious with the tender pork and flavorful gravy will be Bean Pancakes, a cousin to German potato pancakes. Crisp and golden on the outside, moist and tender on the inside, these pancakes are made with cooked and mashed navy or great northern beans.

For a perfect accompaniment to the pork and pancakes, serve a loaf of Onion Dark Rye Bread. The distinct onion flavor of this marvelous homemade bread is easily achieved with onion soup mix.

To keep interest high in economy meals throughout the fall, plan to team pork with beans in other nutritious and budget-stretching menus. Hearty Ribs and Bean Bake features meaty country style ribs cooked with a savory combination of great-northern beans, red kidney beans, celery slices and pepper strips that are expertly flavored with easy-to-use onion soup mix. For another satisfying menu, serve broiled or braised pork chops with an unusual side dish—Bean and Cabbage Salad, a tangy combination of canned beans and cabbage, garnished with pieces of crisp bacon.

Easy Pork Sauerbraten

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| 4 to 6-pound boneless pork shoulder blade | 1 cup red wine vinegar |
| Boston roast | 1 cup apple juice |
| 2 envelopes Onion-Mushroom Soup Mix | 1 cup water |
| 1 1/3 cup brown sugar | 2 tablespoons lard or drippings |
| 1/4 teaspoon ginger | 1/3 cup raisins, plumped |
| 1 large bay leaf | 3/4 cup rye bread crumbs or crushed gingersnaps |

Combine onion-mushroom soup mix, brown sugar, ginger and bay leaf in saucepan. Add red wine vinegar, apple juice and water, stirring to combine. Bring to a boil and cook 10 minutes. Cool. Place meat in bowl or plastic bag, add marinade; turn to coat meat and cover bowl or tie bag securely. Marinate in refrigerator 18 to 24 hours, turning several times. Remove meat from marinade to absorbent paper and pat dry. Brown in lard or drippings in Dutch oven or large frying-pan. Pour off drippings. Add marinade to meat, cover tightly and cook slowly 2-1/2 to 3-1/2 hours or until meat is done. Remove meat to warm platter. Pour off excess fat and cooking liquid, reserving 3 cups cooking liquid in pan. Add raisins and bring to a boil. Add bread crumbs or gingersnap crumbs and cook, stirring constantly until thickened. Carve meat and serve with gravy.

Onion Dark Rye Bread

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| 1 envelope Onion Soup Mix | 1/3 cup sugar |
| 1-3/4 cups water | 3 tablespoons cocoa |
| 3 tablespoons dark molasses | 2 teaspoons salt |
| 3 tablespoons vinegar | 2 packages (1/4 ounce each) active dry yeast |
| 3 tablespoons lard, butter or margarine | 1/4 cup lukewarm water |
| 2 teaspoons caraway seed | 2 eggs, beaten |
| 3 to 3-1/4 cups all-purpose flour* | Melted butter or margarine |
| 3 to 3-1/4 cups rye flour* | |

Combine onion soup mix, 1-3/4 cups water, molasses, vinegar, lard and caraway seed in saucepan and heat to warm (110°F. to 115°F.). Mix flour, rye flour, sugar, cocoa and salt. Soften yeast in 1/4 cup lukewarm water. Stir warm onion liquid into 2 cups of flour mixture. Stir in softened yeast and eggs. Gradually add remaining flour mixture to make a moderately stiff dough. Turn dough onto a lightly floured surface; cover and let rest 10 minutes. Knead dough until smooth and elastic. (Dough will be slightly sticky.) Place in greased bowl, turning dough to bring greased surface to top. Cover and let rise in warm place until double in bulk (about 1 hour). Punch dough down, form into a ball and place in a greased 9 x 12-inch round baking pan. Cover and let rise until double in bulk (about 1 hour). Bake in a moderate oven (350°F.) 45 to 50 minutes. Let stand 10 minutes; remove from pan, brush crust with melted butter or margarine and cool on wire rack. Yield: 1 large round loaf.

*6 to 8-1/2 cups wheat and rye flour may be substituted for the all-purpose and rye flours.

Cooking Dry Beans

YIELD

A one-pound package of dry beans equals 2 cups dry and yields 5 to 6 cups cooked beans.

SOAKING

Traditional method: To one pound of dry beans add 6 cups cold water. Let stand overnight (at least 6 to 8 hours). Do not refrigerate. Drain, rinse and cook.

Quick Method: To one pound dry beans add 6 to 8 cups hot water. Heat, let boil 3 minutes, cover and set aside for an hour. Drain, rinse and cook.

COOKING

Add 6 cups hot water, 2 tablespoons shortening or oil and 2 teaspoons salt to soaked beans. Cook beans with lid tilted until tender, approximately 1 hour.

Bean Pancakes

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| 3 cups cooked and drained navy beans* | 1 tablespoon chopped parsley |
| 1/4 to 1/2 cup milk or water | 1 teaspoon salt |
| 1 egg, beaten | 1/4 teaspoon crushed caraway seed, if desired |
| 1/3 cup flour | Dash pepper |
| 1/3 cup chopped onion | Oil for pan-frying |
| 2 tablespoons oil | |

Mash beans with milk or water in mixer or food processor. (Mixture will be smoother if food processor is used.) Add egg, flour, onion, oil, parsley, salt, caraway seed (if desired) and pepper, mixing to blend. For each pancake, drop 1/3 to 1/2 cup bean mixture into moderately hot fat in large frying-pan or griddle and cook until lightly browned on both sides. Yield: 6 pancakes.

*Cooked great northern or small white beans may be substituted.

Hearty Ribs and Bean Bake

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| 3 to 3-1/2 pounds pork country style ribs | 1/8 teaspoon hot pepper sauce |
| 1/4 cup water | 3 cups cooked and drained great northern beans |
| 1 can (15 ounces) tomato sauce | 3 cups cooked and drained red kidney beans |
| 1 envelope Onion Soup Mix | 1-1/2 cups thinly sliced celery |
| 1/3 cup brown sugar | 1 sweet red or green pepper, cut in thin strips |
| 2 tablespoons prepared mustard | |

Place ribs in 13 x 9-inch baking dish; add 1/4 cup water. Cover tightly and cook in moderate oven (350°F.) 1-1/4 hours; remove to absorbent paper. Pour off cooking liquid and reserve. Combine tomato sauce, onion soup mix, brown sugar, prepared mustard and hot pepper sauce in small saucepan and cook slowly 10 minutes. Remove excess fat from cooking liquid; add enough water to remaining liquid to make 1 cup. Stir into sauce mixture. Combine great northern and red kidney beans, celery, pepper strips and all but 1/2 cup sauce. Place bean mixture into baking dish. Arrange ribs on top of bean mixture; brush with sauce. Cover tightly and cook in moderate oven (350°F.) 30 to 45 minutes; remove to warm platter. 6 servings.

*Country style ribs also can be braised in a Dutch oven on top of the range for 45 to 60 minutes.

Bean and Cabbage Salad

(Not Illustrated)

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| 1 can (15 ounces) large red kidney beans, drained | 1/4 cup oil |
| 1 can (15 ounces) garbanzo beans, drained | 1/4 cup vinegar |
| 1/2 small head cabbage, cut in 1-inch cubes | 1 clove garlic, minced |
| 1/4 cup chopped onion | 1-1/2 teaspoons salt |
| 2 tablespoons coarsely chopped green pepper | 1/2 teaspoon dry mustard |
| | 1/2 teaspoon sugar |
| | 1/4 teaspoon pepper |
| | 5 slices bacon |

Place red kidney and garbanzo beans, cabbage, onion and green pepper in large bowl; mix well. Combine oil, vinegar, garlic, salt, dry mustard, sugar and pepper. Pour dressing over bean mixture, tossing lightly to combine. Cover and chill 4 to 6 hours; stir occasionally. Cut bacon into 1/2 to 1-inch pieces and cook in large frying-pan until crisp; remove to absorbent paper. Toss vegetables before serving; garnish with bacon. 6 servings.

