

# Perk up warm weather dining with delicious pork

There's no time like summer to concentrate on light meals that are easy to prepare. Today's lean, delicious pork offers refreshing menu alternatives bound to perk up your warm weather dining.

Individual Chef Salads are a natural when it comes to eating light. Thin strips of cooked pork and fully cooked ham are a tasty complement to plain leaf lettuce. Each salad is embellished with shredded cheese and cherry tomatoes. For a splash of color, garnish with sliced hard-cooked eggs. The final crowning touch comes with the addition of Thousand Island Dressing.

Since there are many types of ham, read the package label to see exactly what kind of ham you are buying. The term "fully cooked" means the ham has been cooked in the meat processer's oven and may be eaten as it comes from the package. To serve warm, "fully cooked" hams need only be heated to an internal temperature of 140°.

TASTE TEMPTING sandwiches are a creative way to feature fully cooked ham and cooked pork. Monte Cristo Sandwiches are a winning combination of sliced, fully cooked ham and Swiss cheese. The sandwiches are dipped in a rich egg batter, then cooked till golden.

Open-Faced Porkwiches offer a change of pace, and therefore a slouch to prepare. Thinly sliced cooked pork added to a zesty tomato sauce, then served atop toasted English muffin halves.

Since today's pork is leaner and meatier than ever before, it requires a shorter total cooking time. Cook fresh pork to an internal temperature of 170° for the best tenderness and juiciness. Most pork cuts are naturally tender and adaptable to any preferred cooking method. Consider the size and shape of the cut, the time available for preparation, and your facilities and equipment.

## INDIVIDUAL CHEF SALADS

Thousand Island Dressing (recipe follows)

- 8 cup torn leaf lettuce (1 large bunch)
- 1 cup cooked pork, cut into strips (about 6 oz.)
- 1 cup fully-cooked ham, cut into strips (about 6 oz.)
- 1/2 cup (2 oz.) shredded cheddar cheese
- 1/2 cup (2 oz.) shredded Swiss cheese
- 20 cherry tomatoes
- 2 hard-cooked eggs, sliced

Prepare Thousand Island Dressing. Divide lettuce among 4 salad plates or bowls. Arrange 1/4 of the pork and ham

atop each serving; sprinkle each serving with 1/4 of the cheddar and Swiss cheese. Top each serving with 5 cherry tomatoes and several slices hard-cooked egg. Serve with Thousand Island Dressing. Makes 4 servings.

## THOUSAND ISLAND DRESSING

- 1/4 cup mayonnaise or salad dressing
- 1 hard-cooked egg, chopped
- 2 tsp. chili sauce
- 1 tsp. finely chopped onion
- 1 tsp. finely chopped green pepper
- Dash cayenne pepper
- 1 tsp. drained capers (optional)

Combine mayonnaise or salad dressing, hard-cooked egg, chili sauce, onion, green pepper, cayenne pepper, and capers, if desired in a small bowl. Mix well; cover and chill till serving time. Makes 1 cup.

## MONTE CRISTO SANDWICHES

- 8 oz. thinly sliced, fully-cooked ham
- 4 oz. Swiss cheese, sliced
- 8 1/4-inch-thick slices Vienna, French, or garlic bread
- 4 eggs
- 1/2 cup milk
- 3 tsp. butter or margarine

For each sandwich, place 2 ounces

ham and 1 ounce Swiss cheese between 2 slices bread. In a mixing bowl beat together eggs and milk. Dip sandwiches in the egg mixture, turning carefully, till all the mixture is absorbed. Melt butter or margarine in a skillet or on griddle. Place sandwiches in skillet and cook slowly 15 minutes; turn and continue cooking 10 minutes or till cheese is melted and both sides are golden. Makes 4 servings.

## OPEN-FACED PORK SANDWICHES

- 1 lb. thinly sliced cooked pork
- 2 cups catsup
- 1 cup water
- 1 cup chopped onion (2 medium)
- 1/4 cup sugar
- 1/4 cup vinegar
- 2 tsp. Worcestershire sauce
- 1 bay leaf
- 1/4 tsp. celery seed
- 1/4 tsp. bottled hot pepper sauce
- 4 English muffins, split

Combine catsup, onion, water, sugar, vinegar, Worcestershire sauce, bay leaf, celery seed and hot pepper sauce in medium saucepan. Bring to boil; reduce heat and simmer 20 minutes or till thickened. Remove bay leaf. Add pork and continue cooking till heated through. Meanwhile, toast the English muffins. To serve, spoon the pork mixture over muffins. Makes 4 servings.



Thousand Island Dressing enhances the refreshing flavor of individual chef salads made with pork and ham, cheddar and Swiss cheese.

# Approach outdoor eating creatively

Detroit's picnic people are packing their baskets and heading for some of the blue-sky-sunshine-green-grass picnic places the city's metropolitan area has to offer. But first, Fairlane Town Center "picnic experts" have a few innovative ideas for the connoisseurs of a fun-and-creative approach to outdoor dining.

"A picnic with a French accent can add a little international flavor to your next outing," notes Melinda Marion, district manager at Jacques Patiserie. "Begin the meal with flaky, French croissants stuffed with either vegetables, herbs and creamed cheese, Canadian bacon and tuna and cheddar cheese. For dessert, enjoy tasty pastries filled with apple and cinnamon or blueberry," she said.

Marion says she would be remiss if she didn't suggest French bread and cheese means dining out with ease! Make a picnic meal-in-one by splitting the French bread and filling it with tempting combinations of meats and cheeses, creamed cheese and cucumbers of salmon.

WHETHER YOU are at

Meadowbrook concert or lounging poolside, picnic palates that appreciate caviar and pale can prepare to nibble in style. These delicacies, spread on sesame wafers and accompanied by a variety of domestic and imported cheeses, are very tasty. With a selection of these popular summer treats and white wines, you can add a dash of class to an elegant outdoor meal.

Pat Strubers, manager of Miami Bake Shop at Fairlane Town Center, brings to the picnic a hearty idea that is filled with plenty of meat and vegetables makes for a perfect meal-in-one idea, once heated and wrapped in foil and newspaper, they can be served steaming hot hours later for a great outdoor meal.

Add to the picnic spread a natural touch with items such as freshly ground peanut butter and healthy trail mixes with a wide assortment of nuts, raisins and dried fruits. "Surprise your picnic guests with a unique blend of coffee or tea for a summer sipping," suggests Richard Lakomy, manager of the Coffee Beanery. "A Jug or thermos full of an aromatic

blend such as Jamaican Blue Mountain is sure to please a true coffee lover. A slice of lemon or orange adds color and enhances the flavor of the iced coffee tea."

Creative picnicking really begins when colorful, clever accessories are tucked in with the outdoor treats. Unbreakable, clear or brightly colored plastic plates, tumblers, pitchers and insulated mugs help make picnic partying more fun. Fairlane's Yankee Pedler suggests brightly-fashioned plastic placemats, linen napkins and take-along plastic trays and buckets in green, yellow, blue and summer-time plaids.

Picnic goodies can be packed in traditional wooden picnic hampers or "wood weave" plastic baskets or totes. Mark Menary, manager of Room and Board, suggests plastic freezer containers that can be used for freezing liquids, then thawed to an icy cold consistency on the way to the picnic spot.

Whether it's raspberry-colored napkins or raspberry-flavored croissants, a creative touch to your next picnic outing can be inexpensive and a lot of fun for your guests.

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