

# a good way to keep calories down

**CARAMEL FILLING:** Combine 14 light caramels, unwrapped, and 3 tablespoons of whipping cream. Cook over low heat, stirring often, until caramels are melted and mixture is smooth.

**Captain Morgan Original Spiced Rum** is a blend of golden Puerto Rican rum and tropical spice. The following recipe for roast pork is from the "Captain Morgan Original Spiced Rum Recipe Book."

## CAPTAIN MORGAN'S PORK ROAST

One 4- to 5-pound pork loin roast  
1 cup chicken broth  
1/2 cup brown sugar  
2 tablespoons rum  
2 teaspoons garlic, minced  
2 teaspoons ground ginger  
Dash of ground cloves  
Salt and pepper to taste  
Spiced rum sauce (recipe follows)

Preheat oven to 475 degrees F. Place pork, fat side up, on rack in roasting pan. Roast 15 minutes; reduce heat to

325 degrees F and roast 30 minutes. Remove meat and rack from pan. Pour off fat dripping; add chicken broth.

In small bowl, make paste of brown sugar, rum, garlic, spices, salt and pepper; spread over top and sides of pork loin. Return meat and rack to pan; roast 30-40 minutes more at 325 degrees F (or until meat thermometer reaches 170 degrees F). Remove to serving platter. Reserve pan liquid. Serves 6-8.

## RUM SAUCE

1 1/2 cups chicken broth  
2 tablespoons cornstarch  
2 tablespoons water  
1/2 cup rum  
2 tablespoons lime juice  
Blend 2 tablespoons cornstarch with 2 tablespoons water

In saucepan, mix chicken broth and liquid from roasted pan. Boil 3 minutes. Reduce heat, blend in cornstarch mixture, simmer a few minutes more. In separate saucepan, warm rum and unite with a match. Quickly remove

from heat and when extinguished, pour into sauce. Add lime juice and serve.

**Orange Florentines**, embroidered with almonds, cherries and oranges in a sweet topping, offer holiday hospitality in bite-sized delights. The recipe is provided by the Florida Department of Citrus.

## ORANGE FLORENTINES

### Crust:

2 cups all-purpose flour  
1/2 cup granulated sugar  
1/4 cup butter or margarine, at room temperature

### Topping:

2 oranges, unpeeled  
1/2 cup butter or margarine  
1/2 cup honey  
2 tablespoons heavy cream  
1 cup sliced, blanched almonds  
1/2 cup chopped red candied cherries  
1/2 cup green candied cherries  
2 tablespoons grated fresh orange peel

Line a 15 1/2-by-10-inch pan in a medium bowl combine flour and sugar. Cut in butter until particles are the size of small peas. Press firmly in bottom of prepared pan. Bake on center rack in a preheated 350-degree F oven 10 minutes or until firm to touch. Remove from oven. Cool in pan.

With sharp knife, cut oranges in very thin slices; cut slices in quarters. Set aside. In a medium saucepan over medium heat bring butter, honey and heavy cream to boiling; boil 1 minute, stirring constantly. Remove from heat, stir in almonds, red and green candied cherries, orange slices and peel. Spread evenly over cooled crust. Bake 10 minutes or until golden. Cool completely in pan. Gently lift out of pan using foil for a handle; place on cutting surface. With sharp knife cut pastry into 5 lengthwise strips. Cut each strip into 13 triangles. Store in single layer in a cool spot. Yield: 65 cookies.

Smucker's Simply Fruit spreadable fruit is 100 percent fruit — and nothing else.

Please turn to Page 57

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