

'Waving pork

Chops cook easily in microwave oven

Microwave preparation is especially successful for some foods — processed meats among them. If you own a microwave oven, no doubt you're familiar with the magic of microwaves for bacon, ham and many sausages, including the popular hot dog. But how about smoked pork chops? Have you sampled this less familiar meat? If not, put smoked pork chops on the market list the next time you want to serve something special.

Both rib and loin smoked chops, cut from the pork loin section, are available. You'll note that especially choice, lean loins are selected for smoking. Although possessing a distinctive deliciousness of their own, smoked chops are somewhat similar in flavor to both ham and Canadian bacon, a boneless smoked cut from the loin.

Smoked chops take well to microwave preparation. The chops require minimal cooking time, the exact time depending upon the thickness of the chops, the number cooked, the amount of other food cooked with the chops and the wattage of the microwave oven used.

Because of the differences in microwave ovens and in the size of chops, exact cooking times cannot be given. However, consider the following times as a guide:

Two rib or loin smoked pork chops: cut 1 inch thick, 7 to 8 minutes; cut ¾ inch thick, 5 to 6 minutes; cut ½ inch thick, 3 to 3½ minutes; four rib or loin smoked pork chops: cut 1 inch thick, 12 to 13 minutes; cut ¾ inch thick, 8 to 10 minutes; cut ½ inch thick, 5 to 5½ minutes.

ALTHOUGH THE appearance of the

chops after microwaving was good, they were even more attractive when glazed during cooking, as in the following recipe for Plum-Glazed Smoked Pork Chops. The chops also can be cooked in combination with a variety of foods to provide a number of appealing entrees. For starters, try Aloha Smoked Pork Chops and Smoked Pork Chops with Hot Cabbage Slaw.

PLUM-GLAZED SMOKED PORK CHOPS
4 smoked pork chops, cut 1 inch thick
¼ cup plum preserves
¼ tsp. prepared mustard
¼ tsp. ground ginger

Combine preserves, mustard and ginger in 1-cup glass measure. Microwave at high 1 minute. Place chops in 11½ x 7½-inch microwave-safe dish, brush with half of glaze. Microwave at high 6 minutes. Turn chops over and brush with remaining glaze. Rotate dish ¼ turn. Microwave at high 6 minutes. 4 servings.

ALOHA SMOKED PORK CHOPS
4 smoked pork chops, cut ¾ to 1 inch thick
¼ cup raisins
1 can (8½ oz.) pineapple chunks in syrup
2 tsp. cornstarch
¼ tsp. crushed red pepper
¼ tsp. garlic powder
1 tsp. white vinegar
1 medium green pepper, cut into thin strips

Plump raisins in water. Place chops in 11½ x 7½-inch microwave-safe dish. Cover with waxed paper; microwave at high 9 minutes. Turn chops over and rotate dish ¼ turn. Meanwhile, drain pineapple syrup.

adding water to make ¼ cup. Mix cornstarch, red pepper and garlic powder; stir in vinegar and combine with pineapple liquid. Drain raisins. Place pineapple chunks, green pepper and raisins around chops; pour pineapple liquid over all. Cover dish with waxed paper and microwave at high 7 minutes or until heated through. 4 servings.

SMOKED PORK CHOPS WITH HOT CABBAGE SLAW
4 smoked pork chops, cut ¾ inch thick
3 cups shredded cabbage
1½ cup coarsely grated carrots
¼ cup finely chopped green or red pepper
¼ cup chopped onion
2 tbsp. mayonnaise
2 tsp. prepared mustard
1½ tsp. Worcestershire sauce
¼ tsp. sugar
¼ tsp. salt
¼ tsp. celery seed

Combine cabbage, carrots, green pepper, onion, mayonnaise, mustard, Worcestershire sauce, sugar, salt and celery seed. Place in layer in 11½ x 7½-inch microwave-safe dish. Place pork chops on top of slaw. Cover with waxed paper and microwave at high 7 minutes. Remove chops and stir slaw. Replace chops, inverting from original side. Rotate dish ¼ turn. Cover and continue cooking 7 minutes or until done. Serves 4.

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