



pilot
light
**Greg
Melikov**

Summer's heat brings winter's high food costs

The long, hot summer is over, but the malady will linger on in the new year.

Before unrelenting hot weather began in July, the U.S. Agriculture Department predicted that acreage cutbacks would reduce the corn and soybean crops.

When drought continued in more than two dozen states through August, it became clear damage would worsen and the meteorologists concluded that soil moisture was lower in more areas than any time since the Dust Bowl days.

I can't recall a summer when fruit was the least sweet and most plump. Sure, prices declined and it appeared many fruit such as peaches were a real bargain. Frankly, peaches were awful. Grapes were about the only satisfying buy.

Vegetables shot up. I couldn't shake the feeling that most everything in produce bins was 99 cents a pound or higher.

The worst is to come: Meat prices will soar. The cost of raising livestock became so expensive that many herds were sent to slaughter early. As the supply of beef and pork decreases, their prices will increase.

You can stock your freezer to help offset the hikes. You can also prepare meals that stretch the meat as well as your food dollars in 1984.

CHINESE PORK STEW

- 1/4 cup all-purpose flour
- 2 tsp. ginger
- 2 1/2 lbs. boneless pork, cut in 1-inch chunks
- 1/4 cup peanut oil
- 2 tbsp. cornstarch
- 1 1/2 cups canned pineapple chunks, with liquid
- 1/4 cup cider vinegar
- 1/4 cup soy sauce
- 1/4 cup sherry
- 1 tbsp. Worcestershire sauce
- 1/4 cup sugar
- 2 tsp. salt
- 1/4 cup black pepper
- 1 green pepper, cut in strips
- 1 can (1 lb.) bean sprouts, drained
- 2 cans (5 oz.) sliced water chestnuts, drained
- 1 tbsp. chili sauce

Combine flour and ginger, coat pork, brown in hot oil and remove. Stir cornstarch into pineapple liquid, add to pot with vinegar, soy sauce, sherry and Worcestershire, bring to boil, stirring. Add sug-

ar, salt, pepper and pork, reduce heat to medium low, cover and simmer 1 hour. Stir in green pepper and pineapple, cook uncovered 10 minutes. Stir in bean sprouts, water chestnuts and chili sauce, cook 5 minutes. Serves 8.

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Ham — favorite for all seasons

In many homes, ham is the favorite choice for special meals. And for many good reasons. Ham is nutritious, satisfying, economical, easy to prepare and best of all — delicious!

is an especially good choice for a small gathering. Semi-boneless hams have had some of the bone removed and are easier to carve. Boneless hams are especially popular for they have little

or no waste, are easy to carve and come in a wide range of sizes. Popular, too, are canned hams which are available in sizes ranging from 1 1/2 to 13 pounds. Most hams today are

fully cooked so they need only to be heated through to an internal temperature of 140 degrees. However, you'll need to check the label for some hams are the "cook before eating"

type. These hams should be cooked to an internal temperature of 160 degrees. When cooking all hams, be sure to use a meat thermometer to determine exact degree of doneness.

When shopping for your ham, you'll find a wide selection to choose from. Bone-in styles include whole hams, shank and rum (butt) halves and portions and center slices. A thick ham slice

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Warm up with good, hot cereal

It's hot cereal season again and look no further than your own kitchen cupboard when the urge for something quick and satisfying strikes you. If you have 100-percent natural cereal on hand, you can turn it into a delicious hot cereal, too.

According to the Quaker Test Kitchens, you can make a hot natural cereal in a matter of minutes — either in a saucepan or in your microwave.

APPLE CINNAMON HOT NATURAL CEREAL

- 1/4 cup 100 percent natural cereal, any flavor
- 1/4 cup apple juice
- 1 tsp. finely chopped apple
- 1 tsp. butter or margarine
- 1/4 tsp. firmly packed brown sugar (optional)
- Dash of cinnamon

For 1 serving: In heavy 1-quart saucepan, combine all ingredients. Bring to a boil over medium-high heat. Reduce heat; simmer about 1 minute or until desired consistency, stirring frequently. Serve at once with milk, if desired.

For 4 servings: Increase cereal and apple juice to 1 cup each. Increase chopped apple to 1/4 cup, butter to 1 tablespoon, brown sugar to 2 teaspoons and cinnamon to 1/4 teaspoon. In heavy 2-quart saucepan, combine all ingredients. Prepare as directed above, simmering about 2 minutes.

Microwave oven directions (For 1 serving): In 2-cup microwaveable bowl, combine all ingredients. Cook at high 1 1/2 minutes; stir. Let stand 1 to 2 minutes or until desired consistency.

Microwave oven directions (For 4 servings): In 2-cup microwaveable bowl, combine all ingredients. Cook at high 1 1/2 minutes; stir. Let stand 1 to 2 minutes or until desired consistency.

For 4 servings: Increase cereal and milk to 1 cup each. Increase syrup, nuts and butter to 1 tablespoon each. In heavy 2-quart saucepan, combine all ingredients. Prepare as directed above, simmering about 2 minutes.

Microwave oven directions (For 1 serving): In 2-cup microwaveable bowl, combine all ingredients. Cook at high 1 1/2 minutes; stir. Let stand 1 to 2 minutes or until desired consistency.

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