

## 'Hey shh... weetheart, ya wanna pork chop'

Today's column is devoted to that rare specimen, the liberated man, who is bold enough to enter a female-dominated world, the kitchen.

This Valentine's Day tell her you love her, but don't take the easy, commercial way out. Love does not mean a quick trip to the store for flowers, candy or perfume. But love can mean a scrumptious, home-cooked meal lovingly prepared by you.

For starters, try braised pork chops in mushroom gravy. Braising means to cook meat slowly in a covered utensil in a small amount of liquid or steam. This method of cooking meat helps make less tender cuts more chewable. It also insures that nutrient-rich drippings are served with the meal rather than poured down the drain.

Pork chops are cooked by moist heat to avoid a dry product. The long cooking time required for moist heat also destroys harmful organisms which may be present in pork or chicken.

But pork chops alone will not win your Valentine's heart. Complete the meal with asparagus or broccoli smothered in Cheater's cheese sauce, boiled potatoes, Heart of Cheery salad and Berries Supreme.

You Valentine will be so pleased with your efforts, she may even help you with the dishes.

shelly kalkowski crumbs

### Braised Pork Chops

3-5 pork chops  
 1/4 cup flour  
 1/2 tsp. salt  
 1/4 tsp. pepper  
 1/4 tsp. paprika  
 1 can cream of mushroom soup  
 Optional: 1 small can mushroom pieces

1. Preheat oven to 325 F.
2. Combine flour, salt, pepper and paprika to make seasoned flour. Dip chops in seasoned flour browning.
3. Cover the bottom of a frying pan with about 1/8 inch melted fat. Over low to medium heat, fry pork chops on both sides until golden brown.
4. Arrange the browned chops in a casserole.
5. Cover with mushroom soup which has been diluted with 1/2 can milk. Add the optional mushroom pieces, do not drain.
6. Place lid on casserole. Bake one hour in 325 F. oven.

### Boiled Potatoes

Peel thinly, remove eyes and bad spots, wash. If large, cut into smaller pieces. Barely cover with salted water and boil 30-35 minutes until tender. Drain and serve with mushroom gravy.

### Vegetable in Cheater's Cheese Sauce

1 10-ounce package frozen asparagus or broccoli  
 1/2 can cheddar cheese soup  
 2 tbsp. milk  
 2 tbsp. minced onion  
 1/4 tsp. paprika  
 Prepare vegetable according to

package directions. Blend cheddar cheese soup, milk, onions and paprika. Heat thoroughly over lowest flame. Serve hot over vegetables.

### Heart of Cherry Salad

1 8-ounce can dark, sweet, pitted cherries  
 1 8-ounce can crushed pineapple  
 1 3-ounce package cherry gelatin  
 1 3-ounce package cream cheese  
 1/2 cup chopped nutmeats

Drain liquid from cherries and pineapple. Prepare gelatin according to directions using fruit liquid plus enough water to make one cup for cold liquid. Pour into mold and chill.

Blend milk and cream cheese and add nutmeats. Form into balls about one inch in diameter.

When mold is partially gelled, add pineapple, cherries and cream cheese balls. Chill until completely gelled. Makes six servings.

### Heart Mold

The perfect gelatin mold for Valentine's Day is none other than a heart. But if you don't have a heart mold on hand, don't rush out and buy one. Here is one you can make at home.

Cut a heart-shaped design out of an eight-inch square of sturdy cardboard. Cover both sides with aluminum foil. Place the heart in the center of an 18-inch square of foil. Use the excess foil to form three- to four-inch sides of mold. Place on a sturdy, flat surface such as a tray or cookie sheet before filling. To serve, carefully peel down sides and lift cardboard and gelatin on to serving dish.

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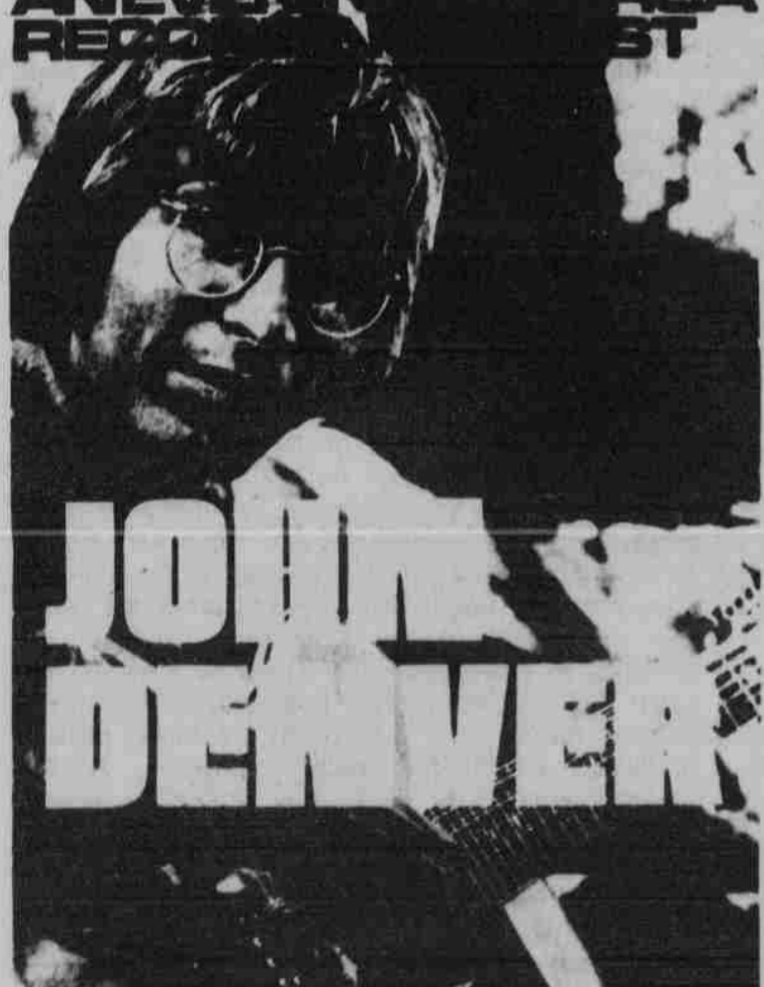
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