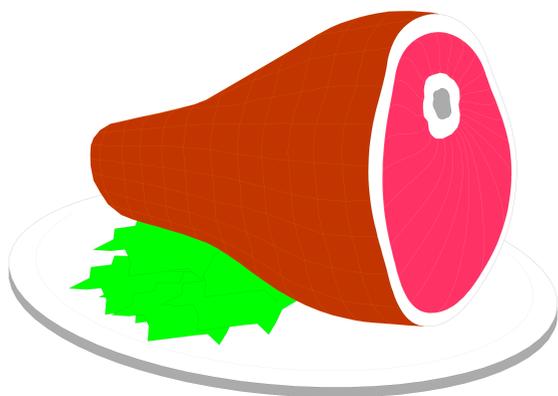


Pork



FRESH CORN, SAUSAGE AND EGG SCRAMBLE

INGREDIENTS: 2 cups fresh corn kernels, cut off cob (or frozen)
 200 gms pork sausage, cut in 3 cm lengths
 1 small onion, finely chopped
 1 shallot, finely chopped
 4 eggs beaten
 salt and pepper

METHOD: Fry onions first in hot oil, then add sausages and fry until well done. Lastly add corn kernels and continue frying until sausage begins to brown. Add eggs.

FRICASÉ (a type of stew)

INGREDIENTS: 12 small pork chops, fat removed
 3 cloves garlic
 1 tablespoon salt
 1 teaspoon cumin
 2 tablespoons breadcrumbs
 1 teaspoon oregano
 ½ teaspoon pepper

METHOD: Put the meat and all the other ingredients in a heavy pot and cover well with water. Cook until the meat is very tender. Five minutes before serving add the breadcrumbs. Serve in big soup dishes with whole boiled potatoes and cooked corn.

GREEN BEAN WITH HAM TART

INGREDIENTS: ½ cup butter
 1 small onion, finely chopped
 2 cups green beans, cooked, coarsely chopped
 1 shallot, chopped
 4 eggs beaten
 1 tablespoon flour
 1 tablespoon grated Parmesan-type cheese
 salt and pepper to taste
 tart shell of about 1½ litre capacity

GREEN BEAN WITH HAM TART continued...

METHOD: Heat butter and fry onion first, then after a few minutes add chopped ham, stir and fry for about 2 minutes, add cooked green beans and chopped shallot. Let it cool a short while, combine with eggs, beaten with a little salt, flour, pepper, and grated cheese. Put mixture into already baked pastry shell and bake in moderate oven for about 20 minutes or until eggs are set. Let it stand for a few minutes before serving.

If liked, the green bean and ham mixture can be topped with a small amount of thin white sauce, sprinkled with grated cheese and browned under the grill, to serve immediately while still bubbling.

GREEN BEAN WITH HAM TORTILLA

INGREDIENTS: 4 eggs, beaten
2 cups boiled green beans, drained and coarsely chopped
½ cup boiled or baked ham, coarsely chopped
1 small onion, chopped
salt, pepper and pinch of parsley.

METHOD: Fry onion, then add ham and fry to heat through. Add beans and sauté for a few minutes, stirring continually. Make tortilla in usual way.

