

# An oven-ready pork roast makes special gift

What could be better than the gift of an oven-ready pork loin? Delicious and beautiful, it also makes dinner an effortless, special treat during the busy holiday season.

A gift of food is a gift of so many things - it's an extension of yourself; an expression of love, care and friendship. And it's a precious gift of time from the kitchen that is priceless these hurried, crazy days.

I love giving and receiving food gifts for all seasons, so I am always on the lookout for special recipes that create unique holiday gifts. This year, my friends and family will be receiving holiday nourishment in the form of a specially prepared pork roast: butter-fried, pounded, stuffed, tied and magnificent - all ready to be roasted.



When giving a gift of food, I've learned how very important it is to include the recipient in a part of this food ritual. By allowing them the opportunity to cook their gift, it gives each one ownership in the final outcome and they are simply delighted, proud to be included in the cooking process. This holiday season won't be any different - I

know each one will thoroughly enjoy roasting their own pork roast, my homemade gift of sustenance.  
**Chef Alli's fruit-stuffed pork**  
 Recipe from Cook's Illustrated, Sept. 2007, by way of Rob Russell, Ace of Heart BBQ Specialities, tweaked by Chef Alli.  
 1 cup apple cider

1/2 cup cider vinegar  
 3/4 cup packed dark brown sugar  
 1 large shallot, peeled, thinly sliced  
 1/2 cup dried apples, packed lightly  
 1/2 cup golden raisins  
 1/2 cup chopped dried apricots  
 1/3 cup dried cranberries  
 1/4 cup dried cherries  
 1 tablespoon grated fresh ginger  
 1 tablespoon yellow mustard seeds  
 1/2 teaspoon ground allspice  
 1/4 teaspoon red pepper flakes  
 2 1/2 to 3 pounds enter-cut pork loin roast, double-butterflied by your butcher to approximately 1/2 inch thickness all across, when laid out flat

Kosher salt and freshly ground black pepper, to taste

Bring all ingredients except pork roast to a simmer in a medium saucepan over medium-high heat; cover saucepan and reduce heat to low, cooking ingredients until fruits are quite softened, approx. 20 minutes. Strain this mixture through a fine-mesh sieve, reserving the liquid to use as a basting glaze.

Meanwhile, preheat oven to 45 degrees F. Place prepared roast out onto a clean work surface and cover with plastic wrap. Using the smooth side of mallet, pound out the thick parts of pork loin until pork loin feels even all across; season to taste with kosher salt and freshly ground black pepper. Spread prepared fill-

ing out over seasoned roast, leaving a 1/2 inch border around the edges like a picture frame. Starting with one short side of the roast, roll it up very tightly. Secure rolled roast with kitchen twine at one inch intervals; season outside of roast with kosher salt and freshly ground black pepper. Place roast onto a foil-lined baking sheet that has been coated with a bit of canola oil. Roast, uncovered, for 15 to 20 minutes to let roast continue to raise in temperature. White roast is resting, warm reserved basting glaze. Slice roast and slather with warm glaze to serve.

Certified personal chef and speaker, Chef Alli is a Kansas Press Association contributing columnist. Watch for her website launch in 2012! www.ChefAllis.com

## People question advertising claims

Kansas State Research and Extension offices around the state are getting calls and questions about advertising claims for infrared space heaters and savings on energy costs, said Bruce Snead, director of engineering extension at Kansas State University.

"An infrared heater uses non-visible light, rather than electric resistance to produce heat," said Snead, who explained that infrared heaters are typically space heaters. "A space heater can take the chill off a room, but rarely can be used as a sole - or continuous - heating source," said Snead, who noted that using these heaters can reduce the relative humidity in the room.

If choosing a space heater, be advised looking for Consumer Reports evaluations and Undersriter's Laboratory seal of approval before buying, and also recommended using one with an automatic shut-off feature if the heater is tipped over or otherwise displaced.

Fancier versions advertised with furniture-or fireplace-look finishes will not produce more heat - or yield a greater savings on heating costs - than the equivalent capacity, less expensive box-like heaters, the residential energy specialist said.

Snead recommended 1) being present when a space heater is in use; 2) plugging the heater directly into a wall socket, rather than using an extension cord, which can increase fire and tripping hazards; 3) positioning a space heater well away from combustibles such as newspapers, toys, household upholstery or window treatments, and 4) using utmost caution with children, pets and older adults present.

Using a space heater in a child's room, for example, is not recommended, Snead said.

To reduce home energy costs without using a space heater, Snead says tips include the following.

- Inspect, clean or replace the furnace filter at least quarterly.
- Have furnace services regularly - annually is preferred, and at least every two to three years - to

check control settings, operation and heat exchanger for optimum performance.

- Lower the thermostat by at least one degree to reduce energy costs: lowering a thermostat by three to five degrees can yield greater savings, often without disrupting comfort.
- Install a programmable thermostat to adjust temperatures for comfort of those in the home, and reduce heating costs when the family is away from the home (at work or school, for example).
- Caulk the home to seal interior cracks and openings and reduce air-leaks; check weather stripping on doors and windows.
- Consider heat-shrink protective plastic on the inside of windows to reduce drafts.
- Close draperies and blinds, particularly on northern exposures.
- Open draperies and blinds to southern exposures to take advantage of radiant heat from the sun.
- Resist the urge to close too many ducts or vents in lesser-used rooms; closing ducts or vents to 30 percent or more of a home can increase condensation, or affect furnace operation.
- Consider a home energy audit to identify and prioritize needed home repairs or improvements to reduce energy use and lower heating and cooling costs.

For information, Snead recommended checking with your utility provider to see what services are offered. Westar Energy has, for example, made a \$100 energy audit service available to its customers. Information can be found at: www.westarenergy.com/wcm.nsf/content/efficiencyworks.

Energy efficient ideas are available at Kansas State Research and Extension offices and at www.ksre.ksu.edu and www.engext.ksu.edu. Kansans can access energy program information at www.kcc.state.ks.us/energy and other conservation links at www.kss.state.ks.us/energy/links.htm and check for "Energy Conservation and Efficiency."

## One idea can make things better in future

December... Can you believe it!!? The year is almost over, and what a year it has been.

I know many of you have had a tough year. I know you feel discouraged. I know you're not sure what to do to turn things around and increase sales.

While I don't have the answer for you, I do have a bit of hope.

I work with small business owners every day. You are smart and resourceful and just one good idea away from making next year your best year yet.

Let me repeat... ONE good idea is all you need to turn things around.

Do some brainstorming. Think about your customers. What do they want? What would make them

**jamie morphew**

### • business tips

happy to give you their money? Keep working on ideas until you find the one that makes all the difference. Go for it!

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphew at (620) 874-0771 or e-mail wkbc@wbsnet.org.

Christmas on Us drawing, Tuesday, December 20, at 4:00 p.m. in front of Central school.

## Worship warms the heart



**Calvary Gospel Church**  
**Pastor:** Randy and Mary Payne  
 Fourth & College • 890-3605  
**Sunday:** Kid's Church: 10 am  
 Morning Service: 10 am  
 Prayer and Praise: 5:00 p.m. except last Sunday of the month  
**Wednesday:** Royal Rangers, Missionettes 6:30 p.m. during school year  
 Youth @ the Rock House, Sixth & Caldwell: 6:30 p.m.  
 Life Groups - Call for information  
 Join us on Facebook  
[www.calvarygospel.net](http://www.calvarygospel.net)

**Goodland United Methodist Church**  
 1116 Sherman 899-3631  
**Pastors:** Dustin and Shelly Petz  
**Saturday:** Worship: 5:30 p.m.  
**Sunday:** Adult Classes: 9:15 a.m.  
 Worship: 10:30 a.m.  
**Wednesday:** Wednesday Nite Live  
 5:45 - 6:45 p.m. Simple Supper "Free will Offering  
 6:30 - 7:30 p.m. Classes for all ages

**Pleasant Home Church**  
 Serving the rural community  
 for over 120 years  
 Rt. 1, Box 180 • 3190 Road 70  
 (785) 694-2807  
**Pastor:** Perry Baird  
**Sunday:** Worship Service: 9 a.m.  
 Sunday School: 10 a.m.

**Promiseland Baptist Church**  
**Pastor:** Rick Holmes • 890-7082  
 225 W. 16th  
 (785) 890-7944  
**Sunday:** Sunday School: 10:30 a.m.  
 Morning Service: 11:30 a.m.  
 Evening Service: 6:30 p.m.  
**Wednesday:** Bible Study Service 6:30 p.m.  
**Thursdays:** Adult Bible Study 7-8 p.m.

**Bible Baptist Church**  
**Pastor:** Clifford Middlebrooks  
 Fifth & Broadway  
 890-7368  
**Sunday:** Sunday School: 9 a.m.  
 Morning Service: 10 a.m.  
 Evening Service: 6:30 p.m.  
**Wednesday:** Evening Bible Study: 7 p.m.

**Church of Jesus Christ of Latter-Day Saints**  
 1200 15th Street • Burlington, CO  
 (719) 346-7984  
**Sacrament Meeting:** 10 a.m.  
**Sunday School:** 11:15 a.m.  
**Priesthood/Relief Society:** 12 a.m.

**Iglesia Del Dios Vivo**  
 La Luz Del Mundo  
 Spanish Speaking Church  
**Minister:** Esteban Ortiz B.  
 1601 Texas • 899-5275  
**Daily Prayer:** Sunday thru Saturday: 5 a.m. & 6 p.m.  
**Sunday:** Sunday School: 10 a.m.

**United Methodist Church Brewster:**  
**Pastor:** Dorine Chambers  
 Worship Service: 10:45 a.m. CST  
 Sunday School: 9:45 a.m. CST  
**Winona:**  
**Minister:** Sheryl Johnson  
 Worship Service: 9 a.m. CST  
 Sunday School: 10:15 am CST

**First Christian Church (Disciples of Christ)**  
**Pastor:** Rev. Carol Edling Jolly  
 Eighth & Arcade • 890-5233  
**Sunday:** Church School - All ages 9:15 a.m.  
 Worship 10:30 a.m.  
 Youth Group: 1st and 3rd Sundays 5-7 p.m.  
**Thursday:** Prayer Class - Noon  
 Pastor Carol's Class 5:30 p.m.  
[www.goodlandfccdoc.org](http://www.goodlandfccdoc.org)

**Kanorado United Methodist Church**  
**Pastor:** Leonard Cox  
 399-2468  
**Sunday:** Sunday School: 9 a.m.  
 Worship Service: 10:15 a.m.

**Church of the Nazarene**  
**Pastor:** Bob Willis  
 Third & Caldwell  
 899-2080 or 899-3797  
**Sunday:** Sunday School: 9:45 a.m.  
 Worship Service: 10:50 a.m.  
 Evening Service: 6 p.m.  
**Wednesday:** Evening Service: 7 p.m.

**St. Paul's Episcopal Church**  
 13th & Center  
 Church 890-2115 or 890-7245  
**Services: 5 p.m. Saturday evening**

**Goodland Bible Church**  
 109 Willow Road • 899-6400  
**Pastor:** Chad DeJong  
**Sunday:** Sunday School: 9:30 a.m.  
 Morning Worship: 10:45 a.m.  
 6 p.m. AWANA during school  
 Evening Worship: 7:30 p.m.  
**Wednesday:** 6:30 youth group  
 Growth groups call for information  
[www.goodlandbible.org](http://www.goodlandbible.org)

**First Baptist Church**  
**Pastor:** Travis Blake  
 1121 Main  
 890-3450  
**Sunday:**  
 Coffee fellowship: 9:30 a.m.  
 Morning Worship: 10 a.m.  
 Sunday School: 11:15 a.m.  
**Thursday:** Bible study 9:30 a.m.  
 Wheatridge Center

**Our Lady of Perpetual Help**  
**Pastor:** Father Norbert Dlabal  
 307 W. 13th • 890-7205  
**Sacrament of Reconciliation:**  
 5-5:45 p.m. Saturday or by appointment  
**Mass Schedule:**  
 Saturday: 6 pm, Sunday: 10:30 am  
**Spanish Mass:**  
 Sunday: 12:30 pm

**Harvest Evangelical Free Church**  
 521 E. Hwy. 24 • 890-6423  
**Pastor:** Brian Fugleberg  
**Sunday:** Worship: 10:30 a.m.  
 Sunday school: 9:30 a.m.  
**Wednesday:**  
 Senior High: 6:30 p.m. at the church  
 Junior High: 6:30 p.m. at the church  
[www.goodlandfree.com](http://www.goodlandfree.com)

**Seventh Day Adventist Church**  
 1160 Cattletrail  
**Pastor:** Jerry Nowack  
**Saturday:** Sabbath School: 9:30 a.m.  
 Worship Service: 11 a.m.

**Emmanuel Lutheran Church**  
 13th & Sherman • 890-6161  
**Pastor:** Darian Hybl  
**Sunday:** Christian education/fellowship: 10:15 a.m.  
 Worship Service: 9 a.m.

**Church of Christ**  
 401 Caldwell  
 890-6185  
**Sunday:** Bible Study: 9:45 a.m.  
 Worship Service: 10:45 a.m.  
**Wednesday:** Bible Study: 7 p.m.

**The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:**

**Short & Son Trucking**  
 Hwy. 24

**Koons Funeral Chapel**  
 North Main

**Good Samaritan Center**  
 208 W. 2nd

**Kansasland Tire**  
 1402 Main St.

**KLOEIKKESIKWGB**  
 3023 W. 31

**AFLAC Insurance**  
 111 W. 12th

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 READ THE NEWSPAPER!**

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