

# Recipes

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## Featuring Allspice

### Grandma Adam's Meat Loaf Balls

1½ pounds lean ground beef  
½ pound ground pork sausage  
½ cup bread crumbs  
1 medium onion, chopped  
1 clove garlic, pressed

1 ½ teaspoon salt  
½ teaspoon pepper  
1 rounded teaspoon paprika  
¼ teaspoon allspice  
¼ teaspoon fresh summer savory  
½ cup tomato juice

Preheat oven to 350°F. Mix all ingredients in a large bowl. Form into 2-inch balls and place on an ungreased baking sheet. Bake for 1 hour 20 minutes.

— Ellen Adams, HSA Member at large, Great Lakes District

### Port Orange Beef Stew

2 pounds round steak  
½ teaspoon black pepper  
1 teaspoon paprika  
¼ teaspoon garlic powder  
⅔ cup all-purpose flour  
3 tablespoons cooking oil  
1 large onion, coarsely chopped  
2 carrots, diced  
⅓ cup tawny port wine

1 cup beef broth, divided  
¼ teaspoon ground allspice  
1½ teaspoon fresh lemon thyme  
1½ teaspoon fresh rosemary  
1 large navel orange  
⅓ cup toasted chopped walnuts for garnish  
Fresh parsley or chives for garnish

Cut round steak into bite-sized pieces, trimming excess fat. Combine pepper, paprika, garlic powder, and flour. Coat beef pieces in a seasoned flour. Shake off excess flour.

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Heat oil in a 4-quart Dutch oven over medium-high heat. Add meat pieces, a few at a time, and brown on all sides. As meat browns, transfer to a plate.

Add ¼ cup of beef broth to the pan. Add chopped onion and carrots; cook until softened, about 5 minutes, stirring occasionally. Add remaining beef broth, wine, tomato juice, allspice, and herbs. Return browned meat to pan.

Preheat oven to 350°F.

In order to save all of the orange juice, use a shallow bowl in which to cut unpeeled orange into small pieces (remove the white pith in center). Add orange pieces and juice to the pan. Bake uncovered for another 30 minutes.

Add garnish and serve. Yields 4-6 servings.

—Submitted by HSA Western Reserve Unit

## Grilled Jerk Pork Chops

*A seasoning mix that originated in Jamaica, jerk is popular throughout the Caribbean in the preparation of meats such as pork and chicken for grilling. Jerk seasoning typically includes chilies, onion, allspice, and thyme. Can be prepared in 45 minutes or less.*

¼ cup chopped onion  
1 teaspoon dried thyme, crumbled  
1 teaspoon sugar  
1 teaspoon salt  
½ teaspoon black pepper  
½ teaspoon cayenne  
½ teaspoon ground allspice  
1/8 teaspoon freshly grated nutmeg  
1/8 teaspoon cinnamon  
Two ½-inch thick rib pork chops (each about 4 ounces)

Prepare grill.

Mince and mash onion to a coarse paste with thyme, sugar, salt, and spices. Pat pork chops dry and rub all over with jerk paste. Grill pork on an oiled rack set 5-6 inches over glowing coals 4 minutes on each side, or until just cooked through. (Alternatively, pork may be grilled in a hot well-seasoned ridged grill pan over moderately high heat.)

Yield: 2

—From *Gourmet July 1997*, [epicurious.com](http://epicurious.com)