

Day 106 | Friday, 3 July 2020

We are witnessing some dramatic increases in the COVID-19 virus in many states. Some states are where New York was in April. The number of deaths in the US is rising faster again and creating grief and agony for many. It is a sad time to be entering a holiday weekend. Pray for the medical professionals and staff who continue the tireless battle against this virus.

From the Church Mouse

Spam Is Turning 83. Here's How the Canned Meat Took Over the World

Before “spam” was a word that represented unwanted emails, it was a word that represented the successful repackaging of unwanted meats. Spam — the square can of pork, salt, water, sugar, potato starch and sodium nitrite that first rolled off the assembly lines 83 years ago during the Great Depression and was used through WWII. It was invented “as a way to peddle the then-unprofitable pork shoulder. It was the invention of Jay Hormel, son of George Hormel who founded the Hormel company, which pioneered canned pork products in Austin, Minn., in the late 1920s. According to the company’s Spam Museum, Ken Digneau, the brother of a Hormel executive, came up with the name — a portmanteau word for “spiced ham” — in a naming contest and got \$100 as a reward. The new product was introduced on July 5, 1937.

The beauty of this product today is the fact that it can safely remain on your shelf for a long time.

Give this a try.

SPAM® Classic One Skillet Mac and Cheese

Total time: 30 minutes

Serves 6

Ingredients

- 1 (12-ounce) can SPAM® Classic diced
- 4 cups whole milk

- 2 cups shredded mild Cheddar cheese
- 2 1/2 cups uncooked elbow macaroni
- 2 ounces cream cheese
- 1 teaspoon Dijon mustard
- 1/2 cup shredded part-skim mozzarella cheese
- 4 tablespoons butter, divided
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- Pinch of nutmeg
- 1 cup Panko bread crumbs
- 1 tablespoon chopped parsley

Directions

1. Heat broiler to high.
2. In large broiler-safe skillet, over medium-high heat, cook SPAM® Classic 2 to 3 minutes or until lightly browned. Remove from skillet.
3. In same skillet, over medium heat, combine milk and macaroni. Bring to a simmer. Cook 5 to 6 minutes, stirring to prevent sticking, until macaroni is tender, and mixture has thickened. Remove from heat. Stir in cheeses, 2 tablespoons butter, mustard, cayenne, nutmeg and salt.
4. In small microwavable bowl, melt remaining 2 tablespoons butter. Add breadcrumbs, stirring to coat. Sprinkle mixture on top of macaroni and cheese.
5. Broil 3 to 5 minutes or until breadcrumbs are golden brown. Garnish with parsley if desired.