

Sweet and Sour Pork

Meal Components: Fruits, Vegetable, Meat / Meat Alternate

Main Dishes, D-36

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw boneless pork, 1-inch cubes	10 lb 14 oz		21 lb 12 oz		<ol style="list-style-type: none"> 1. Brown pork cubes in oil. Drain. 2. Drain pineapple, reserving juice. For 50 servings, reserve 1 qt 1 cup juice. For 100 servings, reserve 2 qt 2 cups juice. (If necessary, add water to juice to make the specified measure.) 3. Add stock, vinegar, brown sugar, soy sauce, sweet and sour sauce, and pineapple juice to pork. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 30 minutes.
Vegetable oil		1/4 cup		1/2 cup	
Canned pineapple chunks, in juice	3 lb 5 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt 1/2 cup (1 No. 10 can)	
Chicken stock, non-MSG		3 qt		1 gal 2 qt	
White vinegar		2 cups		1 qt	
Brown sugar, packed	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	
Low-sodium soy sauce		1 cup		2 cups	

*Fresh carrots, peeled and sliced	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	4. Add carrots. Cover. Simmer over medium heat for 15 minutes.
*Fresh green pepper, strips	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	5. Add green pepper and celery. Cover. Simmer over medium heat for 5 minutes.
*Fresh celery, sliced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Cornstarch	9 oz	2 cups	1 lb 2 oz	1 qt	6. Combine cornstarch and water. Mix until smooth.
Water, cold		3 cups		1 qt 2 cups	7. Add cornstarch mixture and pineapple. Stir well and cook over medium heat until thickened, 6-8 minutes. 8. Pour into medium half-steamtable pans (10" x 12" x 4"). 9. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle (¾ cup) over cooked rice.

Notes

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	1 lb 4 oz	2 lb 8 oz
Green peppers	15 oz	1 lb 14 oz
Celery	15 oz	1 lb 14 oz

Serving	Yield	Volume
¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable and fruit.	50 Servings: about 21 lb 8 oz 2 medium half-steamtable pans	50 Servings: about 2 gallons 1 ½ quarts
	100 Servings: about 43 lb 4 medium half-steamtable pans	100 Servings: about 4 gallons 2 ¾ quarts

Nutrients Per Serving					
Calories	210	Saturated Fat	2 g	Iron	1 mg
Protein	18 g	Cholesterol	49 mg	Calcium	31 mg
Carbohydrate	19 g	Vitamin A	2087 IU	Sodium	303 mg
Total Fat	7 g	Vitamin C	8 mg	Dietary Fiber	1 g