

Sweet and Sour Pork

Meat/Meat Alternate-Vegetable/Fruit

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		1. Brown pork cubes in oil. Drain.
Vegetable oil		¼ cup		½ cup	
Canned pineapple chunks, in juice	3 lb 5 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 10 oz	3 qt ½ cup (1 No. 10 can)	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.) Set pineapple aside for step 7.
Chicken stock, non-MSG		3 qt		1 gal 2 qt	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.
White vinegar		2 cups		1 qt	
Brown sugar, packed	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Low-sodium soy sauce		1 cup		2 cups	
Sweet and sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
*Fresh carrots, peeled and sliced	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. Add carrots. Cover. Simmer over medium heat for 15 minutes.
*Fresh green pepper, strips	12 oz	2 ½ 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. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle (¾ cup) over cooked rice.

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Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 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:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable and fruit.

YIELD:

50 Servings: about 21 lb 8 oz
2 medium half-steamtable pans

100 Servings: about 43 lb
4 medium half-steamtable pans

Tested 2004

VOLUME:

50 Servings: about 2 gallons 1 ½ quarts

100 Servings: about 4 gallons 2 ¾ quarts

Nutrients Per Serving

Calories	210	Saturated Fat	2.14 g	Iron	1.11 mg
Protein	17.62 g	Cholesterol	49 mg	Calcium	31 mg
Carbohydrate	19.31 g	Vitamin A	2087 IU	Sodium	303 mg
Total Fat	6.78 g	Vitamin C	8.3 mg	Dietary Fiber	0.8 g