

**PORK CHOP SUEY**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
384 cal	23 g	32 g	18 g	98 mg	859 mg	58 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CUBES,RAW	32 lbs		
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GINGER,GROUND	<1/16th oz	1/8 tsp	
WATER	10-1/2 lbs	1 gal 1 qts	
SOY SAUCE	2-1/2 lbs	1 qts	
MOLASSES	5-3/4 oz	1/2 cup	
ONIONS,FRESH,SLICED	12-1/8 lbs	2 gal 4 qts	13-1/2 lbs
CELERY,FRESH,SLICED	8-1/2 lbs	2 gal <1/16th qts	11-5/8 lbs
CABBAGE,GREEN,FRESH,WEDGED	4-1/3 lbs	1 gal 3 qts	5-3/8 lbs
CORNSTARCH	1 lbs	3-3/4 cup	
WATER	4-1/8 lbs	2 qts	
BEAN SPROUTS,CANNED,DRAINED	3-1/8 lbs	1 gal 1-3/4 qts	
NOODLES,CHOW MEIN,CANNED	3-5/8 lbs	2 gal 1 qts	

**Method**

- 1 Brown pork in steam-jacketed kettle or stock pot.
- 2 Sprinkle pork with pepper and ginger.
- 3 Add water, soy sauce, and molasses; bring to a boil; cover; simmer 1 hour or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add onions, celery and cabbage to pork mixture; mix well; cover; bring to a boil; reduce heat; simmer 10 minutes.
- 5 Combine cornstarch and water. Stir slowly into hot mixture, stirring constantly. Cook 3 to 5 minutes or until thickened.
- 6 Add bean sprouts; mix well; bring to a simmer. CCP: Hold for service at 140 F. or higher.
- 7 Serve with 1/3 cup chow mein noodles and steamed rice.