

SWEET AND SOUR PORK

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
348 cal	28 g	29 g	13 g	98 mg	329 mg	26 mg

Ingredient

BEAN SPROUTS,CANNED,INCL LIQUIDS
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS
 RESERVED LIQUID
 SUGAR,GRANULATED
 VINEGAR,DISTILLED
 SOY SAUCE
 GINGER,GROUND
 GARLIC POWDER
 PORK CUBES,RAW
 CORNSTARCH
 WATER
 PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN

Weight

13 lbs
 6-3/4 lbs
 7-5/8 lbs
 3-1/2 lbs
 3-1/8 lbs
 10-1/8 oz
 2/3 oz
 1/8 oz
 32 lbs
 14-2/3 oz
 4-1/8 lbs
 4 lbs

Measure

2 gal 3-7/8 qts
 3 qts 1/4 cup
 3 qts 2-1/2 cup
 2 qts
 1 qts 2 cup
 1 cup
 1/4 cup
 1/8 tsp
 3-1/4 cup
 2 qts
 3 qts

Issue

4-3/4 lbs

Method

- 1 Drain bean sprouts and pineapple; reserve juices for use in Step 2.
- 2 Combine reserved juices, sugar, vinegar, soy sauce, ginger and garlic. Blend well. Set aside for use in Step 4.
- 3 Cook pork in steam-jacketed kettle or stock pot about 10 minutes or until tender. DO NOT OVERCOOK. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add soy sauce mixture to pork. Bring to a boil; reduce heat; simmer 3 minutes.
- 5 Dissolve cornstarch in water; stir until smooth. Add to pork mixture. Bring to boil; reduce heat; simmer 5 minutes or until thickened, stirring constantly.
- 6 Add green peppers, pineapple and bean sprouts. Bring to a boil; reduce heat; cook 5 minutes. CCP: Hold for service at 140 F. or higher. Serve with steamed rice.