

SOUTHERN STYLE GREENS (FROZEN)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	7 g	8 g	6 g	15 mg	542 mg	201 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 GREENS,COLLARD,FROZEN

Weight

10 lbs
 33-1/2 lbs
 1-5/8 lbs
 1/4 oz
 37-5/8 lbs
 20 lbs

Measure

4 gal
 1 qts 1/2 cup
 1 tbsp
 4 gal 2 qts
 3 gal 1-3/8 qts

Issue

1-3/4 lbs

Method

- 1 Add water to steam-jacketed kettle or stock pot. Add pork hocks and onions to water. Cover; simmer 2-1/2 hours or until tender. Remove; trim meat and fat from bones. Cut meat into small pieces. Add meat and bones to stock.
- 2 Add greens, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Break through frozen greens several times to hasten cooking. Simmer 25 minutes, uncovered or until greens are tender, stirring occasionally. CCP: Heat to 145 F. or higher for 15 seconds. Remove bones; serve greens with cooking liquid. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 2 pounds of bacon may be used for pork hocks per 100 portions.