

SWEET SOUR GREENS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
137 cal	14 g	7 g	6 g	16 mg	295 mg	121 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 GREENS,COLLARD,FRESH
 ONIONS,FRESH,CHOPPED
 BUTTER
 SUGAR,GRANULATED
 VINEGAR,DISTILLED

Weight

10 lbs
 33-1/2 lbs
 1-5/8 lbs
 1/4 oz
 33-1/2 lbs
 20 lbs
 1-3/8 lbs
 2 oz
 1-3/4 lbs
 3-1/8 lbs

Measure

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

Issue

1-3/4 lbs
 27 lbs
 1-5/8 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 Simmer 1 hour, uncovered or until greens are tender, stirring occasionally.
- 4 Saute chopped onions in butter or margarine until tender; add granulated sugar and vinegar; stir to mix well. Cook 3 minutes. Add to cooked greens. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 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.