

SOUTHERN STYLE GREENS (FRESH KALE)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	6 g	7 g	6 g	15 mg	306 mg	85 mg

Ingredient

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

Weight

10 lbs
 1-5/8 lbs
 33-1/2 lbs
 12 lbs
 1/4 oz
 41-3/4 lbs

Measure

1 qts 1/2 cup
 4 gal
 5 gal 1/3 qts
 1 tbsp
 5 gal

Issue

1-3/4 lbs
 16-7/8 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 kale, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Simmer 20 minutes, uncovered or until greens are tender, stirring occasionally. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 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 servings.