

TROPICAL BAKED PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
374 cal	13 g	40 g	17 g	99 mg	172 mg	25 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS RESERVED LIQUID	4 lbs	1 qts 3-5/8 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	2-1/2 lbs	1 qts 7/8 cup	
JUICE,LIME	3-7/8 lbs	1 qts 3-1/8 cup	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts	
SUGAR,BROWN,PACKED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
GARLIC POWDER	10-1/4 oz	2 cup	
SALT	1-5/8 oz	1/4 cup 1-2/3 tbsp	
GINGER,GROUND	7/8 oz	1 tbsp	
ALLSPICE,GROUND	7/8 oz	1/4 cup 2/3 tbsp	
CINNAMON,GROUND	1/4 oz	1 tbsp	
NUTMEG,GROUND	1/4 oz	3/8 tsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
COOKING SPRAY,NONSTICK	1/8 oz	1/4 tsp	
PORK,LOIN CHOPS,5 OZ	2 oz	1/4 cup 1/3 tbsp	
CORNSTARCH	31-1/4 lbs		
JUICE,PINEAPPLE,CANNED,UNSWEETENED	7-7/8 oz	1-3/4 cup	
CILANTRO,DRY	11 oz	1-1/4 cup	
ONIONS,GREEN,FRESH,SLICED	1/8 oz	2-2/3 tbsp	
LIMES,FRESH	14-3/8 oz	1 qts 1/8 cup	1 lbs
	12-1/2 oz		

Method

- 1 Drain fruit; reserve juice for use in Step 2. Coarsely chop fruit.
- 2 Combine reserved juice with pineapple juice to make 3 quarts. Add lime juice, onions, brown sugar, garlic powder, salt, ginger, allspice, cinnamon, nutmeg, and red pepper. Stir well to blend.
- 3 Lightly spray griddle with non-stick cooking spray. Grill pork chops 5 minutes on each side or until browned.
- 4 Shingle 50 chops in each steam table pan.
- 5 Pour 3 qts juice mixture over chops in each pan; cover.
- 6 Using a convection oven, bake at 325 F. for 50 minutes on high fan, closed vent or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove chops to serving pans. CCP: Hold at 140 F. or higher for use in Step 9.
- 7 Dissolve cornstarch in pineapple juice.
- 8 Pour drippings from pork chops into steam-jacketed kettle or stock pot. Skim off fat. Bring to boil; slowly add cornstarch mixture, stirring constantly. Bring to a boil; cook 5 minutes or until slightly thickened and clear. Add tropical fruit and cilantro; simmer 1 minute.
- 9 Pour 8 cups sauce over chops in each pan.
- 10 Cut lime slices in half. Serve each chop with 1/3 cup sauce, 2 teaspoons sliced green onions and 1/2 slice of lime. CCP: Hold at 140 F. or higher for service.