

BRAISED PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	0 g	29 g	18 g	81 mg	184 mg	6 mg

Ingredient

PORK CHOP,BONELESS,5 OZ
 COOKING SPRAY,NONSTICK
 SALT
 PEPPER,BLACK,GROUND
 WATER

Weight

31-1/4 lbs
 2 oz
 1-1/4 oz
 1/8 oz
 3-1/8 lbs

Measure

1/4 cup 1/3 tbsp
 2 tbsp
 1/3 tsp
 1 qts 2 cup

Issue

Method

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Sprinkle mixture of salt and pepper evenly over pork chops.
- 3 Place an equal quantity of chops in each steam table pan.
- 4 Pour 3 cups water in each pan. Cover.
- 5 Using a convection oven, bake in 325 F. oven for 1-1/4 hours or until done on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.