

**BRAISED SPARERIBS**

**Yield** 100

**Portion** 7 Ounces

| Calories | Carbohydrates | Protein | Fat  | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 536 cal  | 2 g           | 39 g    | 40 g | 161 mg      | 451 mg | 68 mg   |

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW  
 ONIONS,FRESH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 WATER

**Weight**

75 lbs  
 5-1/4 lbs  
 3 oz  
 1/2 oz  
 6-1/4 lbs

**Measure**

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

**Issue**

5-7/8 lbs

**Method**

- 1 Cut ribs into 10 to 12 ounce portions, about 2 to 4 ribs. Overlap ribs in rows, fat side up, in pans. Using a convection oven, bake at 375 F. for 20 minutes on high fan, open vent or until golden brown.
- 2 Drain or skim off excess fat.
- 3 Sprinkle onions, salt and pepper over ribs. Add water to cover bottom of each pan. Cover.
- 4 Using convection oven, bake at 300 F. for 2 hours on low fan, closed vent until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.