

SIMMERED PORK HOCKS (HAM HOCKS)

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
461 cal	1 g	33 g	35 g	94 mg	2171 mg	27 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 SALT
 BAY LEAF,FRESH
 GARLIC POWDER
 PEPPER,BLACK,GROUND
 ONIONS,FRESH,QUARTERED

Weight

64 lbs
 66-7/8 lbs
 3-3/4 oz
 1/3 oz
 1/4 oz
 2/3 oz
 3 lbs

Measure

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

Issue

3-1/3 lbs

Method

- 1 Place frozen pork hocks in steam-jacketed kettle or stock pot. Add water, salt, bay leaves, garlic, pepper, and onions. Cover; bring to a boil; reduce heat; simmer 2-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Place pork hocks in serving pans. Add enough cooking liquid to half cover pork hocks. Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.