

SWEET AND SOUR PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
355 cal	18 g	29 g	18 g	81 mg	126 mg	12 mg

Ingredient

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS
 VINEGAR,DISTILLED
 SOY SAUCE
 RESERVED LIQUID
 SUGAR,GRANULATED
 GINGER,GROUND
 PEPPERS,GREEN,FRESH,JULIENNE
 CORNSTARCH
 WATER
 PORK CHOP,BONELESS,5 OZ
 COOKING SPRAY,NONSTICK

Weight

6-5/8 lbs
 1-2/3 lbs
 5-1/8 oz
 4-1/8 lbs
 2-1/4 lbs
 1/4 oz
 1-1/4 lbs
 7-7/8 oz
 1-5/8 lbs
 31-1/4 lbs
 2 oz

Measure

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

Issue

1-1/2 lbs

Method

- 1 Drain pineapple; reserve juice for Step 2; reserve pineapple for use in Step 3.
- 2 Combine vinegar, soy sauce, reserved pineapple juice and water, sugar and ginger. Bring to a boil; reduce heat; simmer 5 minutes.
- 3 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 4 Dissolve cornstarch in water; stir until smooth. Add to sauce, stirring constantly. Cook until thick and clear. Keep hot for Step 6.
- 5 Brown chops 11 minutes on each side on 375 F. griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold for service at 140 F. or higher. Serve with 1/4 cup sauce.