



Pork Stir-Fry

USDA Recipe for CACFP

Pork Stir-Fry consists of marinated pork loin and lean pork shoulder and vegetables served over brown rice.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) pork and vegetable mixture and $\frac{1}{2}$ cup (No. 8 scoop) rice provides

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate, $\frac{1}{2}$ cup vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, $\frac{1}{2}$ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 2 cups		3 qt	1 Boil water.
Rice, brown, long-grain, regular, dry, parboiled	1 lb 11 oz	1 qt 3 Tbsp	3 lb 6 oz	2 qt $\frac{1}{4}$ cup 2 Tbsp	2 Place 1 qt 3 Tbsp brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3 Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Set aside for step 23.
Pork loin, raw, boneless, lean, ½" cubes	1 lb 9½ oz	3½ cups	3 lb 3 oz	1 qt 3 cups	9 Combine pork, soy sauce, hoisin sauce, ⅓ cup 2 tsp cornstarch, 1 Tbsp ginger, 1 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, salt, and sugar in a large bowl. Double the amounts for 50 servings. Stir well. Cover tightly and refrigerate. Allow pork mixture to marinate for 12–24 hours.
					10 Critical Control Point: Cool to 40° F or lower within 4 hours.
Pork shoulder, lean	1 lb 4 oz	2¾ cups	2 lb 8 oz	1 qt 1½ cups	
Soy sauce, low-sodium		⅛ cup		¼ cup	
Hoisin sauce		3 Tbsp	3 oz	¼ cup	
				2 Tbsp	
Cornstarch	3½ oz	¾ cup	7 oz	1½ cups	
Ginger, fresh, chopped		2 Tbsp	2 oz	¼ cup	
Garlic, minced		2 Tbsp	3 oz	¼ cup	
Pepper, black or white, ground		1 tsp		2 tsp	
Red pepper flakes		1 tsp		2 tsp	
Rice vinegar		2 Tbsp		¼ cup	
Salt		¾ tsp		1½ tsp	
Sugar	7 oz	¾ cup		1¾ cups	
		2 Tbsp			
					11 Set remaining ginger and garlic aside for step 19. Set remaining cornstarch aside for step 20.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					12 Place marinated pork in a large stock pot uncovered over high heat for 2–3 minutes. Stir constantly.
Chicken broth, low-sodium		1 qt		2 qt	13 Add 2 cups chicken broth. Heat to a rolling boil, allowing mixture to thicken. Set remaining chicken broth aside for step 20.
					14 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					15 Critical Control Point: Hold for hot service at 140 °F or higher.
					16 Transfer 1 qt 3 cups (about 2 lb 15 oz) pork mixture to a steam table pan (12" x 20" x 2½"). Set aside for step 23. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Broccoli, fresh, chopped	2 lb	3 qt 3 Tbsp	4 lb	1 gal 2 qt ¼ cup	17 Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 19.
Canola oil		¼ cup		2 Tbsp ½ cup	18 Heat oil in a large stock pot.
Edamame (frozen), thawed	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	19 Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2–3 minutes, stirring occasionally.
*Carrots, fresh, shredded coarsely	1 lb 7 oz	1 qt 3 cups	2 lb 14 oz	3 qt 2 cups	
*Onions, fresh, chopped	11 oz	2 cups 2 Tbsp 1½ tsp	1 lb 6 oz	1 qt ¼ cup 2¼ tsp	
					20 Add remaining chicken broth. Heat to a rolling boil. Add remaining cornstarch.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 cups		1 qt	21 Add water. Stir well. Allow mixture to thicken.
					22 Critical Control Point: Heat to 140 °F or higher.
					23 Pour 1 gallon (7 lb 14 oz) vegetable mixture over pork mixture into each steam table pan (12" x 20' x 2½"). Stir well. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					24 Portion pork and vegetable mixture with 6 fl oz spoodle (¾ cup). Portion rice with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle) pork and vegetable mixture and ½ cup rice (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	256
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Total Fat	9 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	441 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	5 IU
Calcium	61 mg
Iron	2 mg
Potassium	433 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	13 oz	1 lb 10 oz
Carrots	1 lb 7 oz	2 lb 14 oz
Broccoli	2 lb 8 oz	5 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lb 13 oz pork and vegetable mixture and about 4 lb rice	About 21 lb 10 oz pork and vegetable mixture and about 8 lb rice
About 1 gal 1 qt 1 ⅔ cups pork and vegetable mixture and about 2 qt rice/2 steam table pans (12" x 20" x 2 ½")	About 2 gal 2 qt ¾ cups pork and vegetable mixture and about 1 gal rice/4 steam table pans (12" x 20" x 2 ½")
1 pan for pork and vegetable mixture and 1 pan for rice	2 pans for pork and vegetable mixture and 2 pans for rice

