



Pork Stir-Fry

USDA Recipe for Schools

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

NSLP/SBP 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,
 $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup
additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate,
 $\frac{1}{8}$ cup legume vegetable, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ red/orange
vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1 Boil water.
Rice, brown, long-grain, regular, dry, parboiled	3 lb 6 oz	2 qt $\frac{1}{4}$ cup 2 Tbsp	6 lb 12 oz	1 gal $\frac{3}{4}$ cup	2 Place 1 qt 3 Tbsp brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3 Pour boiling water (1 qt 2 cup 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	50 SERVINGS		100 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 135 °F or higher.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 Set aside for step 23.
Pork loin, raw, boneless, lean, ½" cubes	3 lb 3 oz	1 qt 3 cups	6 lb 6 oz	3 qt 2 cups	9 Combine pork, soy sauce, hoisin sauce, ⅔ cup 1 Tbsp 1 tsp cornstarch, 2 Tbsp ginger, 2 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, salt and sugar in a large bowl. Double the amounts for 100 servings. Stir well. Cover tightly and refrigerate. Allow pork mixture to marinate for 12–24 hours.
					10 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Pork shoulder, lean	2 lb 8 oz	1 qt 1½ cups	5 lb	2 qt 3 cups	
Soy sauce, low-sodium		¼ cup		½ cup	
Hoisin sauce	3 oz	¼ cup 2Tbsp	6 oz	¾ cup	
Cornstarch	7 oz	1½ cups	14 oz	3 cups	
Ginger, fresh, chopped	2 oz	¼ cup	4 oz	½ cup	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	
Pepper, black or white, ground		2 tsp		1 Tbsp 1 tsp	
Red pepper flakes		2 tsp		1 Tbsp 1 tsp	
Rice vinegar		¼ cup		½ cup	
Salt		1½ tsp		1 Tbsp	
Sugar	14 oz	1¾ cups	1 lb 12 oz	3½ cups	
					11 Set remaining ginger and garlic aside for step 19. Set remaining cornstarch aside for step 20.

INGREDIENTS	50 SERVINGS		100 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		2 qt		1 gal	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 135 °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 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Broccoli, fresh, chopped	4 lb	1 gal 2 qt ¼ cup 2 Tbsp	8 lb	3 gal ¾ 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		½ cup		1 cup	18 Heat oil in a large stock pot.
Edamame (frozen), thawed	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt	19 Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.
*Carrots, fresh, shredded coarsely	2 lb 14 oz	3 qt 2 cups	5 lb 12 oz	1 gal 3 qt	
*Onions, fresh, chopped	1 lb 6 oz	1 qt ¼ cup 2¼ tsp	2 lb 12 oz	2 qt ½ cup 1 Tbsp 1½ tsp	
					20 Add remaining chicken broth. Heat to a rolling boil. Add remaining cornstarch.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	21 Add water. Stir well. Allow mixture to thicken.
					22 Critical Control Point: Heat to 135 °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 50 servings, use 2 pans. For 100 servings, use 4 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 (No. 8 scoop) rice.

NUTRIENTS	AMOUNT
Calories	256

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
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	50 Servings	100 Servings
Mature onions	1 lb 10 oz	3 lb 4 oz
Carrots	2 lb 14 oz	5 lb 12 oz
Broccoli	5 lb	10 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

50 Servings	100 Servings
About 21 lb 10 oz pork and vegetable mixture and about 8 lb rice	About 43 lb 4 oz pork and vegetable mixture and about 16 lb rice
About 2 gal 2 qt 3¼ cup and about 1 gal rice/4 steam table pans (12" x 20" x 2½")	About 5 gal 1 qt 2½ cup and about 2 gal rice/8 steam table pans (12" x 20" x 2½")
2 pans for pork and vegetable mixture and 2 pans for rice	4 pans for pork and vegetable mixture and 4 pans for rice