



Sweet and Sour Pork

USDA Recipe for Schools

Sweet and Sour Pork combines lean pork, fresh vegetables, pineapple, and soy sauce to create an Asian inspired flavor.

NSLP/SBP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) provides 2 oz equivalent meat,
 $\frac{1}{8}$ cup additional vegetable, and $\frac{1}{8}$ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		$\frac{1}{2}$ cup		1 cup	1 Heat oil in a large stock pot. 2 Add pork and spices. Cook uncovered over medium–high heat for 5–7 minutes or until brown. Set aside for step 6.
Raw boneless pork loin, lean, $\frac{1}{2}$ " cubes	10 lb	1 gal 1 qt 2 cups	20 lb	2 gal 3 qt	
Garlic powder	2 $\frac{1}{2}$ oz	$\frac{1}{4}$ cup	5 oz	$\frac{1}{2}$ cup	
Ground ginger		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Onion powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
White pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		3 qt		1 gal 2 qt	3 In a medium stock pot add chicken broth, vinegar, brown sugar, soy sauce, and ketchup. Simmer uncovered over medium heat for 20 minutes.
Rice vinegar		2 cups		1 qt	
Brown sugar	8 oz	1 cup	1 lb	2 cups	
Low-sodium soy sauce		1 cup		2 cups	
Ketchup	1 lb	1½ cups	2 lb	3 cups	
Pineapple juice, 100% juice		1 qt 1 cup		2 qt 2 cups	4 Combine pineapple juice and cornstarch in a small bowl. Stir well. Add to stock pot. Simmer uncovered over medium heat for 15 minutes or until sauce has thickened.
Cornstarch	6 oz	1⅓ cups	12 oz	2⅔ cups	
* Fresh green bell peppers, chopped	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup	5 Add bell peppers and celery. Simmer uncovered for 8 minutes or until vegetables are tender.
* Fresh red bell peppers, chopped	1 lb	3 cups	2 lb	1 qt 2 cups	
* Fresh celery, diced	12 oz	2¼ cups 1 Tbsp 1½ tsp	1 lb 8 oz	1 qt ½ cup 3 Tbsp	
* Fresh carrots, shredded	1 lb	1 qt ¾ cup 2 Tbsp	2 lb	2 qt 1¾ cups	6 Add carrots, pineapples, and pork. Simmer uncovered over medium heat for 8–10 minutes or until heated through.
Canned pineapple tidbits in 100% juice, drained	3 lb 6 oz	1 qt 2¼ cups 1 Tbsp (½ No. 10 can)	6 lb 12 oz	3 qt ½ cup 2 Tbsp (1 No. 10 can)	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>8 Transfer 1 gal 1 qt 3 cups (about 12 lb 11 oz) sweet and sour pork to a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>9 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>10 Portion with 6 fl oz spoodle (¾ cup).</p>



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	201
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	405 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	17 IU
Calcium	22 mg
Iron	1 mg
Potassium	292 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Green bell peppers	1 lb	2 lb
Red bell peppers	1 lb 4 oz	2 lb 8 oz
Celery	1 lb	2 lb
Carrots	1 lb	2 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 #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 25 lb 6 oz About 3 gal 2¾ cups/2 steam table pans (12" x 20" x 2½")	About 50 lb 12 oz About 6 gal 1 qt 1½ cups/4 steam table pans (12" x 20" x 2½")

