



Pork Grillades

A tender braised pork dish, often served with grits (Grits and Grillades), is a classic Southern dish served at weddings, backyard gatherings, and everything in between.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Louisiana Department of Education, Diocese of Baton Rouge

Preparation Time: 30 minutes

Cook Time: 9 hours
 Includes 8 hours for initial roast and 1 hour for reheating on day of service.

NSLP/SBP crediting information:
 2 oz pork with 1 oz gravy provides 2 oz eq meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pork leg roast, boneless, frozen	12 lb		24 lb		<ol style="list-style-type: none"> 1. Thaw pork under refrigeration 24-48 hours in advance. Critical Control Point: Hold at or below 41 °F. 2. Preheat oven to 375 °F. 3. In a mixing bowl, combine granulated garlic, onion powder, Creole seasoning, and black pepper. 4. Rub the seasoning blend into the pork roast. Critical Control Point: Hold at or below 41 °F. 5. For every 50 servings, spray a 6-inch-deep full-size pan with pan release.
Garlic, granulated		1/4 cup		1/2 cup	
Onion powder		1/4 cup		1/2 cup	
Creole seasoning blend, school-made (see attached recipe)		2 Tbsp		1/4 cup	
Pepper, ground, black		2 Tbsp		1/4 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomatoes, diced, canned, low sodium	6 lb 5 oz	About 1 No. 10 can	12 lb 10 oz	About 2 No. 10 cans	<p>6. Add 1 No. 10 can of diced tomatoes, 2 lb 8 oz pepper and onion blend, and 1 qt apple juice to the bottom of each pan. Gently mix to combine.</p> <p>7. Place the seasoned pork roast on top of the tomato mixture. Tent pans with foil.</p> <p>8. Bake, covered, for 2 hours.</p> <p>9. Lower the oven temperature to 300 °F and remove cover. Continue to cook for approximately 3 ½ - 4 hours until the roast becomes very tender when pierced with a paring knife. When very tender, the internal temperature should reach between 165 °F and 180 °F. For desired quality, the roast will exceed the 145 °F minimum safe internal cooking temperature (CCP).</p> <p>Critical Control Point: Heat to 145 °F or higher for at least 4 minutes.</p> <p>10. Remove pork roast from oven. Cool using the two-stage cooling method.</p> <p>Critical Control Point: Cool to 70 °F within two hours and to 41 °F or below within four hours.</p> <p>11. When the roast has properly cooled, cover and store overnight in the refrigerator.</p> <p>Critical Control Point: Hold at or below 41 °F.</p> <p>12. The following day, preheat oven to 350 °F.</p> <p>13. Remove the pork roast from the pans. Do not discard solids or liquid left in the pan; they will be used to make the gravy.</p>
Pepper and onion blend, frozen	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	
Juice, apple		1 qt		2 qt	
Flour, all-purpose	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Water		1 gal 2 qt		3 gal	
Tomato paste, canned, low sodium	1 lb 11 oz	About ¼ No. 10 can	3 lb 6 oz	About ½ No. 10 can	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>14. Slice the pork into approximately 2 oz portions. Verify weight using a portion scale. Shingle the sliced pork into two clean 2-inch-deep full-size pans. Cover pans with foil.</p> <p>15. Bake pork, covered, until fully reheated, approximately 20-25 minutes.</p> <p>Critical Control Point: Reheat to a minimum of 165 °F for 15 seconds. Hold for hot service at 135 °F or higher.</p> <p>16. While the pork is reheating, prepare the gravy.</p> <p>17. Transfer the vegetables and juices from the pork roasting pans to a tilt skillet/braiser. Dust with flour and stir to combine well. Heat over medium high heat, bringing mixture to a simmer.</p> <p>18. Simmer the gravy until it thickens slightly, approximately 10-15 minutes.</p> <p>19. Add the water and tomato paste; stir well to combine. When gravy has thickened, ladle 1 qt over each pan of sliced pork roast.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p> <p>20. Serve the remaining gravy on the side.</p> <p>21. Serve one 2 oz portion sliced pork topped with approximately 1 oz gravy using a 1 oz ladle.</p>



**PORK GRILLADES
NUTRITION INFORMATION**

For 2 oz pork and 1 oz gravy

NUTRIENTS	AMOUNT
Calories	184
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Total Fat	7.66 g
Saturated Fat	2.62 g
Cholesterol	52 mg
Sodium	70 mg
Total Carbohydrate	12 g
Dietary Fiber	1.6 g
Total Sugars	4.4 g
Added Sugars included	N/A
Protein	16 g
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Vitamin A	561 mcg RAE
Vitamin C	22 mg
Vitamin D	N/A
Calcium	26.4 mg
Iron	1.47 mg
Potassium	N/A

N/A=data not available.

NOTES

Suggest serving with grits.

Optional ingredients are not included in the recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #3: Complex

YIELD/VOLUME

50 Servings	100 Servings
Gravy: About 6 lb/3 qt	Gravy: About 12 lb/1 gal 2 qt
Pork: About 6 lb 4 oz	Pork: About 12 lb 8 oz

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant



Creole Seasoning Blend

Makes about 12 oz (2 ½ cups 2 Tbsp)

Garlic, granulated	½ cup	<p>Critical Control Point: No bare hand contact with ready to eat food.</p> <ol style="list-style-type: none"> Whisk all ingredients together in a large bowl. Transfer to a plastic seasoning container and store in a cool, dry location until ready to use. <p><i>Note: Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</i></p>
Paprika	½ cup	
Smoked Paprika	½ cup	
Chili Powder	¼ cup	
Black Pepper, ground	¼ cup	
Cayenne Pepper	2 Tbsp 2 tsp	
Onion Powder	2 Tbsp	
Celery Salt	1 Tbsp 1 tsp	
Dry Mustard	1 Tbsp 1 tsp	
Thyme Leaves, dried	1 Tbsp 1 tsp	
Oregano Leaves, dried	1 Tbsp	