MEAT, FISH, AND POULTRY No.L 087 00

PORK CHOPS MEXICANA

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	7 g	30 g	19 g	81 mg	376 mg	22 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PORK CHOP,BONELESS,5 OZ	31-1/4 lbs		
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
WATER	4-2/3 lbs	2 qts 1 cup	
CATSUP, TOMATO, CANNED	2-7/8 lbs	1 qts 1-3/8 cup	
SOY SAUCE	10-1/8 oz	1 cup	
VINEGAR, DISTILLED	1 lbs	2 cup	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	14-1/2 oz	2-3/4 cup	1-1/8 lbs
CHILI POWDER, DARK, GROUND	6-1/3 oz	1-1/2 cup	
PAPRIKA,GROUND	1-1/2 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
SUGAR,GRANULATED	7/8 oz	2 tbsp	
MUSTARD,DRY	3-1/8 oz	1/2 cup	

Method

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops 5 minutes on both sides on 375 F. griddle.
- 2 Place an equal number of chops in each steam table pan.
- 3 Combine water, catsup, soy sauce, vinegar, onions, peppers, chili powder, paprika, garlic, sugar, and mustard flour; mix thoroughly. Bring to boil; reduce heat; cover; simmer 5 minutes.
- 4 Pour 2 quarts mixture over chops in each pan.
- 5 Bake in 375 F. oven for 1-3/4 to 2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Skim excess fat from sauce; serve sauce over chops. CCP: Hold for service at 140 F. or higher.