

SWEET AND SOUR SPARERIBS

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
607 cal	21 g	39 g	40 g	161 mg	294 mg	84 mg

Ingredient

PORK,SPARERIBS,FROZEN,RAW
 WATER
 CORNSTARCH
 WATER
 SUGAR,BROWN,PACKED
 GINGER,GROUND
 SOY SAUCE
 VINEGAR,DISTILLED
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS

Weight

75 lbs
 33-1/2 lbs
 6 oz
 3-1/8 lbs
 1-7/8 lbs
 1/2 oz
 10-1/8 oz
 4-1/8 lbs
 1/8 oz
 1/8 oz
 13-1/8 lbs

Measure

4 gal
 1-3/8 cup
 1 qts 2 cup
 1 qts 2 cup
 2-2/3 tbs
 1 cup
 2 qts
 1/4 tsp
 1/4 tsp
 1 gal 2 qts

Issue**Method**

- 1 Cut ribs into serving size portions, 2 to 4 ribs, 10 to 12 ounces raw weight total. Place ribs in steam-jacketed kettle or stock pot.
- 2 Cover with water; bring to a boil; reduce heat; simmer 45 minutes or until tender.
- 3 Drain.
- 4 Dissolve cornstarch in water. Add sugar, ginger, soy sauce, vinegar, pepper, and garlic powder. Cook at medium heat until sauce thickens. Stir frequently.
- 5 Combine pineapple with sauce. Bring to a boil.
- 6 Overlap ribs in rows, fat side up, in pans. Pour sauce evenly over ribs in each pan.
- 7 Using convection oven, bake at 325 F., covered for 1 hour on high fan, closed vent; uncover; bake for 15 minutes longer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Skim off excess fat before serving. CCP: Hold for service at 140 F. or higher.