

CANTONESE BBQ PORK RIBS, PRECOOKED

Yield 100

Portion 9.5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
605 cal	9 g	61 g	34 g	211 mg	1137 mg	92 mg

Ingredient

PORK SPARERIBS,PRECOOKED
 COOKING SPRAY, NONSTICK
 SAUCE, SWEET AND SOUR
 SAUCE, TERIYAKI

Weight

50 lbs
 2 oz
 10-2/3 oz
 2-1/4 lbs

Measure

1/4 cup 1/3 tbsp
 1 qts
 1 qts

Issue**Method**

- 1 Thaw ribs. Do not remove plastic from ribs until ready to cook. CCP: Thaw under refrigeration at 41 F. or lower. Preheat convection oven to 325 F. with fan on, vent closed.
- 2 Spray 4 full size sheet pans with non-stick cooking spray.
- 3 Place ribs rib-side up on sheet pans. Do not overlap.
- 4 Combine Sweet & Sour Sauce with Teriyaki Sauce. Brush ribs generously with sauce. Reserve sauce for use in Steps 5 and 6.
- 5 Bake ribs in preheated convection oven for 20 minutes with fan on. Turn ribs over and brush tops generously with sauce.
- 6 Bake additional 15 minutes or until well browned. Internal temperature should be 140 F. or higher for 15 seconds.
- 7 Remove from oven. Cut slabs of ribs in half. Each portion is 9-1/2 ounces. Partially separate the ribs in each portion by cutting 2/3 the way between ribs.
- 8 Ladle 6 ounces BBQ sauce in each steam table pan. Fill each pan with ribs by arranging ribs cross-wise in pan. Ladle 6 ounces BBQ sauce on top of ribs. Place pan on steam table covered until ready to serve. CCP: Hold for service at 140 F. or higher.