

Pork Stir Fry

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1/4 cup 3 Tbsp		3/4 cup 2 Tbsp	<ol style="list-style-type: none"> Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil for 4 minutes.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/4 tsp		1/2 tsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR	OR	OR	OR	OR	
Frozen sliced carrots	3 lb 6 oz	3 qt	6 lb 12 oz	1 gal 2 qt	

*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute
*Fresh broccoli, chopped	2 lb 13 oz	1 gal 1 1/8 qt	5 lb 10 oz	2 gal 2 1/4 qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
OR	OR	OR	OR	OR	
Frozen mixed oriental vegetables	3 lb 7 oz	2 qt 3 1/8 cups	6 lb 14 oz	1 gal 1 2/3 qt	
Raw skinless, boneless pork shoulder or loin, 1/2" cubes	5 lb 12 oz		11 lb 9 oz		7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1/2 cup		1 cup	8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (3/4 cup 1 Tbsp).

Notes

* See Marketing Guide

Special Tip:

For an authentic Oriental flavor, when sauteing pork in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

Serving	Yield	Volume
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ½ cup of vegetable.	25 Servings: 11 lb 10 oz	25 Servings: 1 gallon 1 quart
	50 Servings: 23 lb 4 oz	50 Servings: 2 gallons 2 quarts