

Orfalea Foundation- SFI

000203 - School Food Roasted Pork :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 10

Size of Portions: Lbs

Alternate Recipe Name:

BRT Roast for Demo

| | |
|---|----------------|
| 010187 PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIB.. | 12 lbs + 8 ozs |
| 002030 PEPPER..... | 1 tsp |
| 014429 WATER, TAP, MUNICIPAL..... | 3 cups |

Defrost frozen roasts under refrigeration for 2-3 days .

Pre-heat convection oven to 400° F. (450° for conventional oven)

1. Season pork with pepper.
2. Move roast(s) in front of oven on cart and pour water into roasting pan. Roast pork in pre-heated oven for 20-30 minutes until outside is nicely browned and seared.
3. Reduce oven temperature to 325°F in convection oven (375°F if in conventional oven) . Cover the roast with foil if it starts to brown too quickly. Cook until pork reaches internal temperature of 145°F for 4 minutes according to HACCP SOP.
4. If serving immediately, let pork rest for 10-15 minutes and slice and serve or hold according to HACCP SOP. If cooking for next day service, cut roasts into 5# pieces and chill according to HACCP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold for hot service at 135° F or higher

EQUIPMENT:

- 1-Paring knife
- 1-Full size 2 inch hotel pan(s) for roasting
- Gloves
- 1-Thermometer
- Alcohol wipes
- 1-Timer
- Aluminum foil

For Cooling:

- 1-Pair of tongs
- 1-Chef's knife, cutting board and non-slip mat
- 1-Chilled hotel pan(s) and lid(s)

Orfalea Foundation- SFI

*Nutrients are based upon 1 Portion Size (Lbs)

| | | | | | | | | | | | | | |
|------------------------|-------|------|-------------|------|----|-----------|--------|----|--------------------|--------|----|--------|-------------------------|
| Calories | 1225 | kcal | Cholesterol | 380 | mg | Protein | 107.47 | g | Calcium | 110.81 | mg | 62.27% | Calories from Total Fat |
| Total Fat | 84.77 | g | Sodium | 314 | mg | Vitamin A | 11.4 | RE | Iron | 4.90 | mg | 21.99% | Calories from Sat Fat |
| Sat Fat | 29.94 | g | Carbs | 0.14 | g | Vitamin A | 40.9 | IU | Water ¹ | 440.23 | g | *N/A%* | Calories from Trans Fat |
| Trans Fat ¹ | *N/A* | g | D. Fiber | 0.05 | g | Vitamin C | 2.8 | mg | Ash ¹ | 5.41 | g | 0.04% | Calories from Carbs |
| | | | | | | | | | | | | 35.08% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.