

BAKED PORK CHOP



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pork chop

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pork Chop, #1057	100 pork chop(s)
Breading Mix, #2002	3 pound(s)

DIRECTIONS

- Thaw pork chops in refrigerator.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for production.
- Moisten pork chops with water. Shake off excess fluid.
- Place about one pound of breading product in a plastic bag. Add 5 to 6 pork chops and shake until evenly coated. Repeat with remaining pork chops. Add more mix as needed.
- Place 16 pork chops in a single layer on a sheet pan lined with parchment paper.
- Bake until crisp.
 Convection Oven: at 375 degrees F for 15 to 20 minutes
 Conventional Oven: at 400 degrees F for 20-25 minutes
 CCP: Heat to 145° F or higher for at least 15 Seconds
- Transfer to steamtable pans for serving or store in warmer until ready for service.
 Portion one pork chop per serving. Each portion provides 2 oz. eq. meat/meat alternate.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
 "Culinary Techniques for Healthy School Meals: Preparing Meats, Poultry and Fish" provides seasoning and serving ideas for meats.

NUTRIENTS PER SERVING

Calories	178	Dietary Fiber	0.00 g	Sodium	481.30 mg	Sat. Fat	3.59 g
Carbohydrates	7.33 g	Protein	14.89 g	Total Fat	9.48 g	Trans Fat	0.00 g