

Pork Stir Fry USDA Recipe D39B for CACFP

Makes: 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt 2 cups		3 qt
Brown rice, long-grain, regular, dry, parboiled	1 lb 11 oz	1 qt 3 Tbsp	3 lb 6 oz	2 qt 1/4 cup 2 Tbsp
Raw boneless pork loin, lean, 1/2" cubes	1 lb 9 1/2 oz	3 1/2 cups	3 lb 3 oz	1 qt 3 cups
Pork shoulder, lean	1 lb 4 oz	2 3/4 cups	2 lb 8 oz	1 qt 1 1/2 cups
Low-sodium soy sauce		1/8 cup		1/4 cup
Hoisin sauce		3 Tbsp	3 oz	1/4 cup 2 Tbsp
Cornstarch	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups
Fresh ginger, chopped		2 Tbsp	2 oz	1/4 cup
Garlic, minced		2 Tbsp	3 oz	1/4 cup
Ground black or white pepper		1 tsp		2 tsp
Red Pepper Flakes		1 tsp		2 tsp
Rice Vinegar		2 Tbsp		1/4 cup
Salt		3/4 tsp		1 1/2 tsp
Sugar	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups
Low-sodium chicken broth		1 qt		2 qt
*Fresh broccoli, chopped	2 lb	3 qt 3 Tbsp	4 lb	1 gal 2 qt 1/4 cup 2 Tbsp
Canola oil		1/4 cup		1/2 cup
Frozen edamame, thawed	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups
*Fresh carrots, shredded coarsely	1 lb 7 oz	1 qt 3 cups	2 lb 14 oz	3 qt 2 cups
*Fresh onions, chopped	11 oz	2 cups 2 Tbsp 1 1/8 tsp	1 lb 6 oz	1 qt 1/4 cup 2 1/4 tsp
Water		2 cups		1 qt

Directions

1. Boil water.
2. Place 1 qt 3 Tbsp brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.

4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
6. Critical Control Point: Heat to 140 °F or higher.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Set aside for step 23.
9. Combine pork, soy sauce, hoisin sauce, 1/3 cup 2 tsp cornstarch, 1 Tbsp ginger, 1 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 25.
10. Allow pork mixture to marinate for 12-24 hours. Set remaining ginger and garlic aside for step 18. Set remaining cornstarch aside for step 19.
11. Place marinated pork in a large stock pot uncovered over high heat for 2-3 minutes. Stir constantly.
12. Add 2 cups chicken broth. Heat to a rolling boil allowing mixture to thicken. Set remaining chicken broth aside for step 19.
13. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
14. Critical Control Point: Hold for hot service at 140 °F or higher.
15. Transfer 1 qt 3 cups (about 2 lb 15 oz) pork mixture to a steam table pan (12" x 20" x 2 1/2"). Set aside for step 22. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
16. Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 18.
17. Heat oil in a large stock pot.
18. Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.
19. Add remaining chicken broth. Heat to a rolling boil. Add remaining cornstarch.
20. Add water. Stir well. Allow mixture to thicken.
21. Critical Control Point: Heat to 140 °F or higher.
22. Pour 1 gallon (7 lb 14 oz) vegetable mixture over pork mixture into each steam table pan (12" x 20" x 2 1/2"). Stir well. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
23. Portion pork and vegetable mixture with 6 fl oz spoodle (3/4 cup). Portion rice with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) serving of pork and vegetable mixture and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) serving of pork and vegetable mixture and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1 oz meat/meat alternate, 3/4 cup vegetable, and 1 serving grains/bread.

My Notes

Nutrition Information

Nutrients	Amount
Calories	256
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	441 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	5 IU
Calcium	61 mg
Iron	2 mg
Potassium	433 mg

N/A - data is not available

Meal Components	
Vegetables	
Dark Green	1/8 cup
Red & Orange	1/4 cup
Beans & Peas	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	2 ounces

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)