

**APPLE GLAZED ROAST PORK-CND**

Tongs

APPLE GLAZED ROAST PORK Usually Serves: 100 Total Portion: 300 Oz

Yield

**25****50****100**

Total Qty

4 Lb, 11.00 Oz

9 Lb, 6.00 Oz

18 Lb, 12.00 Oz

Total Combined Cost

\$ 8.99

\$ 17.98

\$ 35.96

Portion

3.00 Oz

Cost Per Portion

\$ 0.36

A MOIST PORK ROAST FLAVORED WITH AN APPLE GLAZE. 3 OZ PRO.

	Ingredients	Measurements	Weights	Amount	Cost
Yield: 25	Pork Roast, Loin, Boneless		6 Lb, 10.00 Oz	6.63 Lb	\$ 8.22
	Juice Apple Cnd/btl Unswt Vitc	1 1/2 Cup	13.12 Oz	0.38 Qt	\$ 0.65
	Hot Water	2 Cup	1 Lb, 0.72 Oz	0.50 Qt	\$ 0.01
	GARLIC, POWDERED	1/4 Tsp	0.03 Oz	0.25 Tsp	\$ 0.01
	Brown Sugar	2 TB	0.85 Oz	2.00 TB	\$ 0.05
	Cornstarch	1/4 Cup	1.33 Oz	0.25 Cup	\$ 0.06
	Cold Water	1/4 Cup	2.09 Oz	0.25 Cup	\$ 0.01

	Ingredients	Measurements	Weights	Amount	Cost
Yield: 50	Pork Roast, Loin, Boneless		13 Lb, 4.00 Oz	13.25 Lb	\$ 16.43
	Juice Apple Cnd/btl Unswt Vitc	3 Cup	1 Lb, 10.24 Oz	0.75 Qt	\$ 1.30
	Hot Water	1 Qt	2 Lb, 1.44 Oz	1.00 Qt	\$ 0.01
	GARLIC, POWDERED	1/2 Tsp	0.06 Oz	0.50 Tsp	\$ 0.03
	Brown Sugar	1/4 Cup	1.69 Oz	4.00 TB	\$ 0.11
	Cornstarch	1/2 Cup	2.67 Oz	0.50 Cup	\$ 0.12
	Cold Water	1/2 Cup	4.18 Oz	0.50 Cup	\$ 0.01

	Ingredients	Measurements	Weights	Amount	Cost
Yield: 100	Pork Roast, Loin, Boneless		26 Lb, 8.00 Oz	26.50 Lb	\$ 32.86
	Juice Apple Cnd/btl Unswt Vitc	1 Qt, 2 Cup	3 Lb, 4.49 Oz	1.50 Qt	\$ 2.59
	Hot Water	2 Qt	4 Lb, 2.88 Oz	2.00 Qt	\$ 0.01
	GARLIC, POWDERED	1 Tsp	0.11 Oz	1.00 Tsp	\$ 0.05
	Brown Sugar	1/2 Cup	3.39 Oz	8.00 TB	\$ 0.22
	Cornstarch	1 Cup	5.34 Oz	1.00 Cup	\$ 0.24
	Cold Water	1 Cup	8.35 Oz	1.00 Cup	\$ 0.01

**Methods**

- 1 PLACE THE ROAST, FAT SIDE UP, ON THE RACK, IN AN OPEN ROASTING PAN.
  - 2 INSERT A MEAT THERMOMETER IN THE ROAST SO THAT THE BULB RESTS IN THE CENTER OF THE CUT, BUT NOT IN CONTACT WITH BONE OR A POCKET OF FAT.
  - 3 ROAST AT A CONSTANT LOW OVEN TEMPERATURE 250-350° F DEPENDING ON THE KIND OF MEAT AND SIZE OF THE ROAST.  
HACCP: Cook to internal temperature of 155° F for 15 seconds.
  - 4 ALLOW ROAST TO SET IN A WARM PLACE FOR 15 TO 20 MINUTES BEFORE SLICING.
  - 5 SLICE INTO 3 OZ PORTIONS. OVERLAP SLICES INTO 12X20X2 INSET PANS; ONE PAN FOR EVERY 50 PORTIONS. COVER AND KEEP HOT.
  - 6 COMBINE APPLE JUICE, WATER, GARLIC, AND BROWN SUGAR IN A POT. STIR WITH A WIRE WISK.
  - 7 COMBINE COLD WATER WITH CORNSTARCH IN A SMALL BOWL UNTIL CORNSTARCH IS COMPLETELY DISSOLVED.
  - 8 STIR CORNSTARCH MIXTURE INTO SAUCE. HEAT SAUCE AND COOK, STIRRING UNTIL SAUCE IS THICKENED AND CLEAR.
  - 9 SERVE 3 OZ PORTIONS OF PORK TOPPED WITH APPROXIMATELY 2 TB OF SAUCE USING A 1 OZ LADLE.
- QC: Recommended serving temperature from steam table 155° F to 165° F.

Recipes

(Scaled to your community)

R-ID 42119

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Yield	25	50	100
Total Qty	4 Lb, 11.00 Oz	9 Lb, 6.00 Oz	18 Lb, 12.00 Oz
Total Combined Cost	\$ 8.99	\$ 17.98	\$ 35.96
Portion			3.00 Oz
Cost Per Portion			\$ 0.36

**Nutritional Analysis Per Serving**

<b>KCAL</b>	219.27	<b>VIT A</b>	5.92 IU	<b>THIAM</b>	0.75 MG	<b>FIB</b>	0.05 GM	<b>CALC</b>	6.85 MG
<b>PRO</b>	19.16 GM	<b>VIT C</b>	6.02 MG	<b>RIBO</b>	0.24 MG	<b>CHOL</b>	57.70 MG	<b>IOD</b>	0.00 uG
<b>CARB</b>	4.03 GM	<b>VIT D</b>	51.93 IU	<b>FOL</b>	5.79 uG	<b>MonoFat</b>	6.01 GM	<b>PHOS</b>	254.32 MG
<b>FAT</b>	13.48 GM	<b>VIT E</b>	0.28 MG	<b>VITB6</b>	0.39 MG	<b>PolyFat</b>	1.45 GM	<b>MAG</b>	20.13 MG
<b>SOD</b>	41.41 MG	<b>VIT K</b>	0.00 IU	<b>VITB12</b>	0.48 uG	<b>SatuFat</b>	4.68 GM	<b>IRON</b>	0.72 MG
<b>POT</b>	386.01 MG					<b>ALC</b>	0.00 GM	<b>ZINC</b>	1.51 MG

SAMPLE

**BAKED BEEF & ZITI CASSEROLE-CND**

Dipper

BAKED BEEF &amp; ZITI CASSEROLE Usually Serves: 32 Total Portion: 192 Oz

<b>Yield</b>	<b>25</b>	<b>50</b>	<b>100</b>
<b>Total Qty</b>	<b>9 Lb, 6.00 Oz</b>	<b>18 Lb, 12.00 Oz</b>	<b>37 Lb, 8.00 Oz</b>
<b>Total Combined Cost</b>	<b>\$ 20.89</b>	<b>\$ 41.78</b>	<b>\$ 83.56</b>
<b>Portion</b>			<b>6.00 Oz</b>
<b>Cost Per Portion</b>			<b>\$ 0.84</b>

	<b>Ingredients</b>	<b>Measurements</b>	<b>Weights</b>	<b>Amount</b>	<b>Cost</b>
Yield: 25	Ground Beef 80/20 Raw		3 Lb, 14.50 Oz	3.91 Lb	\$ 12.95
	ONIONS, CHOPPED	1 3/4 Cup, 1/4 Tsp	9.38 Oz	9.38 Oz	\$ 0.22
	GREEN PEPPERS, CHOPPED	1 Cup, 3 TB	6.25 Oz	6.25 Oz	\$ 0.38
	Garlic Cloves Minced Raw	1 TB, 3/4 Tsp	0.39 Oz	0.39 Oz	\$ 0.09
	Seasoning, Italian Blend	2 1/4 Tsp	0.07 Oz	0.78 TB	\$ 0.07
	PEPPER, BLACK	1/4 Tsp	0.03 Oz	0.39 Tsp	\$ 0.03
	TOMATOES, CRUSHED IN PUREE	3 Cup, 2 TB	1 Lb, 12.68 Oz	0.78 Qt	\$ 1.04
	Pasta, Ziti Dry Enriched	1 Qt, 1 1/3 Cup, 3/4 Tsp	1 Lb, 5.88 Oz	1.37 Lb	\$ 1.33
	CHEESE, RICOTTA, PART SKIM	2 Qt, 1/2 Cup, 1 1/4 TB	2 Lb, 5.50 Oz	2.34 Lb	\$ 3.80
	CHEESE, MOZZARELLA, SHREDDED	2/3 Cup, 1/2 Tsp	6.25 Oz	0.39 Lb	\$ 0.99

	<b>Ingredients</b>	<b>Measurements</b>	<b>Weights</b>	<b>Amount</b>	<b>Cost</b>
Yield: 50	Ground Beef 80/20 Raw		7 Lb, 13.00 Oz	7.81 Lb	\$ 25.91
	ONIONS, CHOPPED	3 1/2 Cup, 1/2 Tsp	1 Lb, 2.75 Oz	18.75 Oz	\$ 0.44
	GREEN PEPPERS, CHOPPED	2 1/3 Cup, 2 Tsp	12.50 Oz	12.50 Oz	\$ 0.76
	Garlic Cloves Minced Raw	2 TB, 1 3/4 Tsp	0.78 Oz	0.78 Oz	\$ 0.18
	Seasoning, Italian Blend	1 TB, 1 1/2 Tsp	0.13 Oz	1.56 TB	\$ 0.15
	PEPPER, BLACK	3/4 Tsp	0.06 Oz	0.78 Tsp	\$ 0.05
	TOMATOES, CRUSHED IN PUREE	1 Qt, 2 1/4 Cup	3 Lb, 9.36 Oz	1.56 Qt	\$ 2.08
	Pasta, Ziti Dry Enriched	2 Qt, 2 2/3 Cup, 1 3/4 Tsp	2 Lb, 11.75 Oz	2.73 Lb	\$ 2.65
	CHEESE, RICOTTA, PART SKIM	1 Gal, 1 Cup, 2 1/4 TB	4 Lb, 11.00 Oz	4.69 Lb	\$ 7.59
	CHEESE, MOZZARELLA, SHREDDED	1 1/3 Cup, 1 1/4 Tsp	12.50 Oz	0.78 Lb	\$ 1.97

	<b>Ingredients</b>	<b>Measurements</b>	<b>Weights</b>	<b>Amount</b>	<b>Cost</b>
Yield: 100	Ground Beef 80/20 Raw		15 Lb, 10.00 Oz	15.63 Lb	\$ 51.81
	ONIONS, CHOPPED	1 Qt, 3 Cup, 1 1/8 Tsp	2 Lb, 5.50 Oz	37.50 Oz	\$ 0.88
	GREEN PEPPERS, CHOPPED	1 Qt, 3/4 Cup, 1/4 Tsp	1 Lb, 9.00 Oz	25.00 Oz	\$ 1.53
	Garlic Cloves Minced Raw	1/4 Cup, 1 TB, 3/4 Tsp	1.56 Oz	1.56 Oz	\$ 0.36
	Seasoning, Italian Blend	3 TB, 1/4 Tsp	0.26 Oz	3.13 TB	\$ 0.29
	PEPPER, BLACK	1 1/2 Tsp	0.12 Oz	1.56 Tsp	\$ 0.10
	TOMATOES, CRUSHED IN PUREE	3 Qt, 1/2 Cup	7 Lb, 2.72 Oz	3.13 Qt	\$ 4.15
	Pasta, Ziti Dry Enriched	1 Gal, 1 Qt, 1 4/10 Cup	5 Lb, 7.50 Oz	5.47 Lb	\$ 5.31
	CHEESE, RICOTTA, PART SKIM	2 Gal, 2 1/4 Cup, 2 Tsp	9 Lb, 6.00 Oz	9.38 Lb	\$ 15.19
	CHEESE, MOZZARELLA, SHREDDED	2 2/3 Cup, 2 3/4 Tsp	1 Lb, 9.00 Oz	1.56 Lb	\$ 3.94

**Methods**

1 Brown beef in skillet, drain fat. Add onions, peppers and garlic, cook until tender.

**HACCP: Cook to internal temperature of 155° F for 15 seconds.**

2 Cook ziti as per package directions. Don't over cook. Drain well.

3 Combine all ingredients, except mozzarella cheese, and divide into 2 inch steamtable pans.

4 Cover pans with parchment paper and foil. Bake at 325 degrees for 35 to 40 minutes. Add Mozzarella cheese to

# Recipes

(Scaled to your community)

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Yield	25	50	100
Total Qty	9 Lb, 6.00 Oz	18 Lb, 12.00 Oz	37 Lb, 8.00 Oz
Total Combined Cost	\$ 20.89	\$ 41.78	\$ 83.56
Portion			6.00 Oz
Cost Per Portion			\$ 0.84

**Methods**

top and let melt for last 10 minutes.

HACCP: Cook to internal temperature of 165° F for 15 seconds.

**Nutritional Analysis Per Serving**

<b>KCAL</b>	368.59	<b>VIT A</b>	321.39 IU	<b>THIAM</b>	0.29 MG	<b>FIB</b>	1.72 GM	<b>CALC</b>	188.68 MG
<b>PRO</b>	22.47 GM	<b>VIT C</b>	8.14 MG	<b>RIBO</b>	0.32 MG	<b>CHOL</b>	69.81 MG	<b>IOD</b>	0.00 uG
<b>CARB</b>	24.40 GM	<b>VIT D</b>	5.95 IU	<b>FOL</b>	70.21 uG	<b>MonoFat</b>	7.81 GM	<b>PHOS</b>	280.44 MG
<b>FAT</b>	17.32 GM	<b>VIT E</b>	0.62 MG	<b>VITB6</b>	0.35 MG	<b>PolyFat</b>	0.72 GM	<b>MAG</b>	41.05 MG
<b>SOD</b>	202.70 MG	<b>VIT K</b>	3.99 IU	<b>VITB12</b>	1.69 uG	<b>SatuFat</b>	8.66 GM	<b>IRON</b>	2.88 MG
<b>POT</b>	425.79 MG					<b>ALC</b>	0.00 GM	<b>ZINC</b>	4.16 MG

SAMPLE