

# Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dried rosemary		2 Tbsp			<p>1. Preheat oven to 350° F.</p> <p>2. Mix together the dried rosemary, garlic powder, salt, and black pepper in a small bowl. Evenly sprinkle the mixture over the pork roast.</p> <p>3. Place the roast(s) in a large roaster on a bed of the onion halves.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Roast about 25-30 minutes per pound of roast. Let stand for at least 3 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 145° F for 15 seconds.</i></p> <p>5. Thinly slice or shred the meat. Serve or refrigerate promptly.</p> <p>6. If advanced prep, store in shallow pans and refrigerate immediately.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 135°F to 70°F in 2 hours AND 70°F to 41°F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Continued</i></p>
Garlic powder (adjust or omit)		2 Tbsp			
Salt		1 tsp			
Black pepper		2 tsp			
Onions, cut into halves		3 each			
Pork loin roast, ¼ inch trim	10 lbs 13 oz boneless				
	OR				
	13 lb 4 oz with bone				
Broth, reduced sodium		3 cups			

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					<p>7. For reheating advance prep meat, pour broth in a large pot and heat to a boil. Add meat and simmer.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
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<b>Notes:</b>
Nutrient Information from Food Processor

<b>Serving:</b> 2 oz meat cooked meat
1-2 years: ½ serving (1 oz)
3-5 years: ¾ serving (1 ½ oz)
6-18 years: 1 serving (2 oz)

Per Serving					
<b>Calories</b>	123.18	<b>Saturated Fat</b>	1.91 g	<b>Iron</b>	0.72 mg
<b>Protein</b>	17.00 g	<b>Cholesterol</b>	48.19 g	<b>Calcium</b>	16.54 mg
<b>Carbohydrate</b>	0.62 g	<b>Vitamin A</b>	1.39 RAE mcg	<b>Sodium</b>	112.47 mg
<b>Total Fat</b>	5.38 g	<b>Vitamin C</b>	0.49 mg	<b>Dietary Fiber (2016)</b>	0.14 g