



Pacific Northwest Canned Pear Slaw and BBQ Pork Sandwich

19 Servings

Portion: 1 each quesadilla + ¼ cup salsa

Meal Component Crediting K-8, 9-12: 2 oz eq meat/meat alternate, 1 ½ oz eq grain, and 3/8 cup fruit

Ingredients	Weight	Measure
Pork, barbecue, cooked	4 lb 12 oz	33 each
Pears, Pacific Northwest, canned, diced, extra light syrup, drained, syrup reserved*		1 no. 10 can
Mayonnaise, regular		1 lb 2 oz
Pear juice, reserved, extra light syrup		1 oz
Vinegar, apple cider		1 cup
Black pepper, ground		1 tbsp
Parsley, chopped	3 lbs	
Cabbage, raw green	1 lb 1 oz	
Carrots, shredded	1 lb	
Raisins		2 quarts ¼ cup
Hamburger bun, whole grain	33 oz	

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Thaw bag of prepared pulled pork in the refrigerator overnight. Place unopened bag of pork in a 4 inch half size steamtable pan and steam. Open bag carefully and pour into steamtable pan.

CCP: Heat to 135° F or higher.

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

2. Drain pears and reserve 1/2 cup extra light syrup. Set Aside.

CCP: No bare hand contact with ready to eat food.

3. In a large mixing bowl, combine mayonnaise, pear juice, apple cider vinegar and black pepper. Whisk until well blended.

CCP: No bare hand contact with ready to eat food.

CCP: Hold at 41° F or lower

4. Rinse parsley under running water. Dry well using

a disposable towel. Chop fine. Add to mayonnaise dressing.

CCP: No bare hand contact with ready to eat food.

5. Remove undesirable cabbage leaves from head. Rinse heads under running water and drain in a colander. Cut cabbage heads into quarters and remove core. Shred cabbage using vegetable processor, or other piece of equipment designed for shredding vegetables. Add to mayonnaise dressing bowl.

CCP: No bare hand contact with ready to eat food.

CCP: Hold at 41° F or lower.

6. Add carrots, raisins, and drained pears to mayonnaise mixture. Mix well until all ingredients are coated.

CCP: No bare hand contact with ready to eat food.

CCP: Hold and serve at 41° F or lower.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

7. To serve, place 4 oz shredded pork on hamburger bun. Using an 8 oz spoodle, serve 1 cup pear slaw alongside BBQ pork sandwich. Sandwiches may be prepared on the serving line or pre-made and held in hot holding cabinet. Leftovers are not good quality when reheated.

CCP: No bare hand contact with ready to eat food.

CCP: Hold and serve BBQ at 135° F or higher.

CCP: Hold and serve Pear Slaw at 41° F or lower.

Nutrients Per Serving

Calories	386
Protein	19.8 g
Carbohydrate	46.39 g
Total Fat	14.93 g
Saturated Fat	7.37 g
Cholesterol	56.47 mg
Vitamin A	853.48 IU
Vitamin C	31.29 mg
Iron	2.24 mg
Calcium	64.5 mg
Sodium	501.80 mg
Dietary Fiber	5.19 mg