Pork Shreds

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ sandwich

CACFP Crediting

½ sandwich

Meat/Meat Alt:
1 ½ oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
½ sandwich

Ages 6-12, 13-18:
1 sandwich (2 halves)

INGREDIENTS

	5 Servings Yield: 5 – ½ sandwiches		25 Servings Yield: 25 – ½ sandwiches	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Pork loin, boneless, fillet	12 ¾ oz		3 lbs 15 ¾ oz	
Black pepper		1/16 tsp		¼ tsp
Garlic powder		¼ tsp		1 ¼ tsp
Vegetable oil		½ Tbsp		2 ½ Tbsp
Beef broth		1 ½ cups		1 qt 3 ½ cups
Whole wheat rolls (at least 1 oz each)		2 ½ rolls		12 ½ rolls

DIRECTIONS

1. Season pork with pepper and garlic powder.
2. Drizzle oil in large stockpot on medium-high heat.
3. Add pork loin and quickly brown on all sides.
4. Transfer pork to a pan. For 5 servings use an 8" x 8" pan, for 25 servings use a 13" x 9" x 2" pan. Add beef broth to pan so it comes up nearly to the top of the pork, but not covering the pork.
5. Bake until internal temperature reaches ≥145 °F:
   Conventional oven: 325°F for 3 hours
   Convection oven: 305°F for 2 ½ hours
6. If using a slow cooker follow steps 5-7.

Slow Cooker Variation:
Follow step #1 and then

2. Add pork to slow cooker. Oil is not needed.
3. Add beef broth so that it comes up nearly to the top of the pork.
4. Cook on high for 4-6 hours.
5. With tongs, remove pork from liquid.
6. On a cutting board, using tongs and a fork, gently shred pork.
7. Using a #16 scoop (¼ cup), put pork on bottom ½ of the roll. Place top half on top of pork shreds and cut sandwich in half.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125	5/8 = 0.625
1/4 = 0.250	2/3 = 0.666
1/3 = 0.333	3/4 = 0.750
3/8 = 0.375	7/8 = 0.875
1/2 = 0.500	

★ Weight Equivalent Key ★

16 oz	= 1 lb	= 1.000 lb
12 oz	= ¾ lb	= 0.750 lb
8 oz	= ½ lb	= 0.500 lb
4 oz	= ¼ lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

★ Volume Equivalent Key ★

60 drops	= 1 tsp
1 Tbsp	= 3 tsp
1/8 cup	= 2 Tbsp
1/4 cup	= 4 Tbsp
1/3 cup	= 5 Tbsp + 1 tsp
3/8 cup	= 6 Tbsp
1/2 cup	= 8 Tbsp
5/8 cup	= 10 Tbsp
2/3 cup	= 10 Tbsp + 2 tsp
3/4 cup	= 12 Tbsp
7/8 cup	= 14 Tbsp
1 cup	= 16 Tbsp
1/2 pint	= 1 cup
1 pint	= 2 cups
1 quart	= 2 pt
1 gallon	= 4 qt