

Recipe Name: BBQ Pork Sandwich

Recipe Category: Dinner Entrée

Portion Size: 4 oz. boneless

Ingredients: **Yields:** 8 servings

Ingredients	Notes:
4 Pounds pork butt roast	Trim all visible fat.
1 teaspoon garlic powder	
½ teaspoon black pepper	
1 (18 oz) bottle barbeque sauce	Or see recipe in cookbook for barbeque sauce
8 hamburger buns or Kaiser rolls	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Season roast with garlic and pepper.	
2	Cover with foil. Bake for 2 hours in 350°F oven.	
3	Remove roast from oven let rest 10 to 15 minutes.	
4	Shred pork with fork and knife.	
5	Stir in BBQ sauce and return to oven for 20 minutes. Spoon meat on buns	Cook until internal temperature reaches 165 degrees with a 3- minute rest.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with broth as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency after cooking. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit garlic, pepper and sauce

Liberal House Renal: omit sauce. Use SF bread

No Added Salt: No changes needed

2 Gram Sodium: omit sauce. Use SF bread.

Gluten Free: Use gluten free buns and BBQ sauce. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free