



MAINES

PAPER & FOOD SERVICE, INC.

Tropical Grilled Pork Chop

Ingredients	Yield: 12 Servings	269 Calories Per Serving
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- 2 ea. Garlic, clove, minced
- 2 tsp. Chili powder
- 1/2 tsp. Cayenne pepper
- 1 tsp. Water, or as needed
- 2 tsp. Vegetable oil
- 1/2 c. Rice wine vinegar
- 1 c. Sugar, granulated
- 2 ea. Mango, peeled, seeded and chopped
- 1/2 tsp. Salt
- 1 tsp. Cilantro, chopped
- 1 Tlb.+ 1 tsp. Lemon juice
- 2 ea. Jalapeno pepper, minced
- 3 c. Applesauce, unsweetened
- 6 ea. Pineapple rings, chopped
- 1/4 tsp. White pepper
- 2/3 c. Soy sauce, lite
- 2/3 c. Rice wine vinegar
- 12 ea. Pork chop, 5 oz., trimmed

Preparation Instructions:

1. With a mortar and pestle, mash together the garlic, chili powder, cayenne, and cardamom seeds. Mix in enough water to form a paste.
2. Heat the oil in a saucepan over medium heat. Stir in spice paste, and cook until it begins to bubble, about 30 seconds. Stir in vinegar, and continue to cook without boiling for 2 minutes. Stir in sugar until it dissolves. Mix in mango, salt, cilantro, lemon juice and jalapeno, simmer 20 minutes. Stir in applesauce and pineapple, simmer 10 minutes. Season with white pepper. Place in a bowl, cover with plastic wrap and refrigerate until service.
3. To prepare the marinade, mix 2/3 c. of the salsa with soy sauce and 1/3 c. vinegar. Place pork chops in a large resealable bag, and pour marinade over chops. Seal tightly, and place in the refrigerator for 1 hour
4. Preheat grill for medium high heat. Drain marinade from bag and place in saucepan. Bring to boil.
5. Lightly oil grill grate. Place pork chops on the hot grill and cook for approximately 10 minutes or to desired doneness, turning once and basting occasionally with the boiled marinade.
6. Warm remaining salsa over medium-low heat. Serve pork chops topped with the salsa.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Garlic, clove	Markon	097210	2 ea.	\$0.04
Chili powder	Culinary Secrets	345188	2 tap.	\$0.49
Cayenne pepper	Culinary Secrets	345660	1/2 tsp.	\$0.04
Water	N/A	N/A	1 tsp.	\$0.00
Vegetable oil	Gem	370830	2 tsp.	\$0.03
Rice wine vinegar	Roland	305065	1/2 c.	\$0.48
Sugar, granulated	Domino	380424	1 c.	\$0.38
Mango	Fresh	096220	2 ea.	\$4.28
Salt	Katy's Kitchen	340620	1/2 tsp.	\$0.02
Cilantro	Fresh	97142	1 tsp.	\$0.04
Lemon jice	Katy's Kitchen	210498	1 Tlb. + 1 tsp.	\$0.04
Jalapeno pepper	Fresh	097574	2 ea.	\$0.14
Applesauce, unsweetened	Bountiful Harvest	202103	3 c.	\$1.20
Pineapple rings	Bountiful Harvest	200876	6 ea.	\$0.48
White pepper	Culinary Secrets	345669	1/4 tsp.	\$0.02

Soy sauce	Kikkoman	304756	2/3 c.	\$0.58
Rice wine vinegar	Roland	305065	2/3 c.	\$0.67
Pork chop, 5 oz.	Hatfield	106331	12 ea.	\$14.76

Recipe Cost	\$23.69
Portion Cost	\$1.97

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$5.95	\$1.97	\$3.98	33.11%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$6.95	\$1.97	\$4.98	28.35%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$7.95	\$1.97	\$5.98	24.78%