

CARIBBEAN PORK BOWLS

YIELD: 84 servings

INGREDIENTS:

CARIBBEAN PORK

- Pineapple juice
Ginger, ground
Garlic cloves, minced
Brown sugar, dark
Soy sauce
Red Gold Ketchup
Sriracha sauce
Red Gold Petite Diced Tomatoes with Chiles 
Rice wine vinegar
Extra virgin olive oil
Pork shoulder
Sea salt and ground black pepper to taste

AMOUNT (WT.):

- 10.5 cups
2 ¼ Tablespoons
14 each
3 ½ cups
4 ⅔ cups
4 ⅔ cups
½ cup
4-28 oz cans
1 ¾ cups
¾ cups
21 lbs

COCONUT RICE

- Coconut milk
Coconut water
Jasmine rice, uncooked
Unsweetened flaked coconut
Coconut oil
Sea salt and ground black pepper to taste

- 7 cups
5 ¼ cups
7 cups
1 ½ cups
½ cup

PINEAPPLE SLAW

- Plain Greek yogurt
Rice wine vinegar
Pineapple juice
Brown sugar, dark
Orange zest
Shredded cabbage
Green onions, sliced
Fresh cilantro, chopped
Fresh pineapple, diced
Jalapeno pepper, seeded and diced small

- ¾ cup
½ cup
¾ cup
½ cup
2 ¼ Tablespoons
14 cups
2 ⅓ cups
1 ½ cups
7 cups
7 each



RED GOLD
QUALITY
SINCE 1942

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CARIBBEAN PORK BOWLS (CONT.)

METHOD OF PREPARATION:

1. Preheat oven to 350° F.
2. In a large bowl, combine pineapple juice, ginger, garlic, brown sugar, soy sauce, ketchup, sriracha, diced tomatoes, and vinegar; whisk to combine.
3. Heat oil in a large rondeau with a lid, over medium-high heat. Season pork with salt and pepper. Once oil is hot, add pork and sear on all sides until brown, about 2 minutes each side.
4. Remove from heat and slowly pour in half

of the pineapple juice mixture. Place a lid on the pot and place in preheated oven. Cook pork for 3 to 4 hours or until the pork is fork tender and falling apart.

5. Check the pork halfway through cooking to ensure there is liquid coming at least halfway up the pork. If not, add more pineapple juice mixture to the pot as needed.
6. Once cooked, shred the pork and add any remaining pineapple juice mixture and toss pork. Place on stove to keep warm.

COCONUT RICE

1. When pork is about 30 to 40 minutes from being done, start rice.
2. Add coconut milk and coconut water to a medium saucepan. Bring to a boil and add rice, salt black pepper, flaked coconut and coconut oil. Stir to combine, then place lid on the pan and turn to low heat.
3. Let cook for 18-20 minutes. Remove from heat and leave the lid on for another 2-3 minute. Remove the lid and fluff with a fork.

PINEAPPLE SLAW

1. While rice is cooking, prepare slaw.
2. In a large bowl whisk together yogurt, vinegar, pineapple juice, brown sugar, orange zest salt and black pepper. Add cabbage, green onions, cilantro, diced pineapple and jalapeno; toss well.

TO ASSEMBLE

1. Spoon rice into a bowl, place about 1 cup or so of pork over rice and ladle a spoonful of juice over pork. Top with pineapple slaw.



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