

Sweet and Sour Turkey

Makes: 100 Servings

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Ingredients	Weight	Measure
Turkey roll	12 1/2 lb	
Onions, finely chopped, 1/8-inch	12 1/2 oz	
Carrots, peeled and sliced diagonally, 1/4-inch thick	2 lb 2 oz	
Pineapple tidbits	8 1/2 lb	
Cider vinegar	1 qt	
Pineapple juice	1 qt	
Soy sauce		1 cup and 2 Tbsp
Catsup		1/2 cup

Prepared mustard		3 Tbsp
Turkey base	1 oz	
Salt		3 Tbsp
Brown sugar	2 lb 2 oz	
Cornstarch	8 1/2 oz	
Green pepper, chopped (1-1/2 x 1-1/2inch) and blanched	2 lb 2 oz	
Rice	As needed	

Directions

1. Slice turkey into 3/4-inch slices, then cut into 3/4-inch cubes. Cover and hold in refrigerator for assembly.
2. In compartment steamer, cook onions in solid 9x12x2-inch pan for approximately 10 minutes. Cook carrots until crisp tender in a perforated pan for about 7-8 minutes. Drain, cover and hold vegetables for assembly.
3. Drain pineapple tidbits and reserve pineapple. Use juice to prepare sauce.
4. In steam-jacket kettle, combine vinegar, pineapple juice,

soy sauce, catsup, prepared mustard and turkey base.

5. Stir ingredients well and heat to a simmer. Simmer for 3-5 minutes.

6. In a bowl, mix salt, sugar and cornstarch. Slowly add to simmering liquid while stirring constantly until thick and clear, about 5-7 minutes.

7. Stir in reserved pineapple tidbits, cubed turkey, cooked onions and carrots, continuing to mix well while heating thoroughly for about 5-7 minutes.

8. To retain green color, stir in blanched green peppers just prior to serving.

Notes

Serving Tips:

Serve over hot rice.

Source: Institution Management Department, Iowa State University