

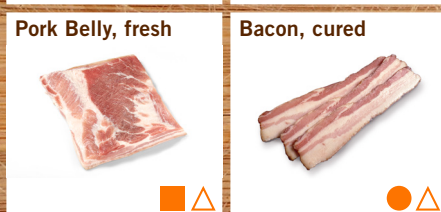
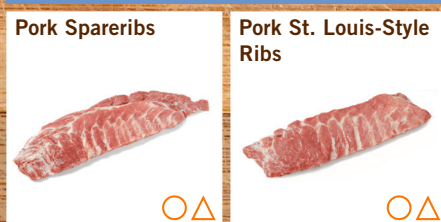
PURCHASING PORK:

How to Identify Pork Cuts

LEG



SIDE

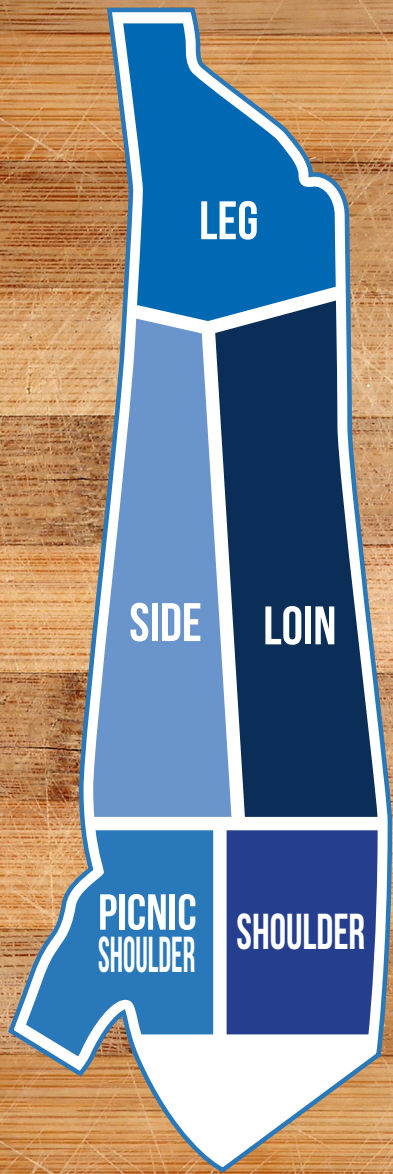


PICNIC SHOULDER



COOKING METHODS

- Sautéing
- Braising
- ▲ Stewing
- Barbecuing
- Grilling/Broiling
- △ Roasting/Baking



LOIN



SHOULDER



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PORK COOKING METHODS, TIMES AND TEMPERATURES:



Roast/Bake: At 350°F. unless otherwise noted. Roast in a shallow pan, uncovered.

Broil: 4-5 inches from heat. Turn halfway through cooking time.

Grill: Over direct, medium heat; turn once halfway through grilling.

Barbecue: Over indirect medium heat (about 325°F.) unless otherwise noted.

Sauté: Use a little oil in a pan; brown over medium-high heat, turning once through cooking time.

Braise: Sear over medium-high heat in a little oil until evenly browned. Add liquid halfway up sides. Bring to boil; cover and simmer until tender.

Stew: Cook, covered, with liquid at a slow simmer.

Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer.

PORK CHOPS, 3/4 INCH THICK		BROIL/GRILL	SAUTÉ	BRAISE	COOK TO	
Boneless	New York (Top Loin) Chop Ribeye (Rib) Chop Sirloin Chop	8-12 min.	8-12 min.	6-10 min.	145°-160°F	
	Bone-in	Porterhouse (Loin) Chop Ribeye (Rib) Chop Sirloin Chop	8-12 min.	10-16 min.		8-12 min.
PORK ROASTS		ROAST/BAKE	BARBECUE	BRAISE	COOK TO	
Fresh Leg/Uncured Ham, bone-in (16-17 lb.)		15 min. per lb.			145°-160°F	
Blade (Shoulder) Roast	3-4 lbs.	55-85 min. per lb. roast at 275° F.	45-75 min. per lb.	2-2½ hrs.	Tender†	
	5-6 lbs.		30-45 min. per lb.			
New York (Top Loin) Roast Sirloin Roast Pork Loin Center Roast	2 lbs.	26-28 min. per lb.	20-26 min. per lb.		145°-160°F	
	3-5 lbs.	20-25 min. per lb.	12-15 min. per lb.			
Crown Roast (10 lbs.)		12-15 min. per lb.				
Rack of Pork (4-5 lbs.)		25-40 min. per lb.				
PORK RIBS		ROAST/BAKE	BARBECUE	BRAISE	COOK TO	
Back Ribs (1½-2 lb. rack)		1½-2 hrs.	1½-2 hrs.	1¼-1½ hrs.	Tender†	
Country-Style Ribs (3-4 lbs.)		1-1¼ hrs.	45 min. - 1 hr.	30-35 min.		
Spareribs (St. Louis Style) (3½-4 lb. rack)		1½-2 hrs.	1½-2 hrs.	1¼-1½ hrs.		
TENDERLOINS		ROAST/BAKE	BROIL/GRILL	BRAISE	COOK TO	
Loin Cubes/Kabobs (1 inch)			8-10 min.	8-10 min.	Tender	
Tenderloin (1-1½ lbs.) roast at 425° F.		20-35 min.	20-30 min.		145°-160°F	
OTHER CUTS		ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Blade Pork Steak (¾-inch)			10-12 min.	10-16 min.	11-12 min.	Tender†
Cutlets (½ inch)				3-4 min.	3-4 min.	
Ground Pork Patties (½ inch)			8-12 min.	8-11 min.		160°F
Ham, fully cooked (5-6 lbs.)		20 min. per lb.				140°F



Medium-Rare*
145-150°F

Medium
150-155°F

Medium-Well
155-160°F

Well
160°F

†Tender designation is for small cuts that are difficult to test with a thermometer, and large cuts that cook slowly at low temperatures. Ground pork, like all ground meat, should be cooked to 160°F.

*145°F with a 3 minute rest provides the optimal eating experience, and is the minimum safe internal cooking temperature provided by USDA's Food Safety and Inspection Service.