

PURCHASING & PREPARING PORK: HOW TO IDENTIFY PORK CUTS.



TASTE WHAT
PORK CAN DO.®

LOIN

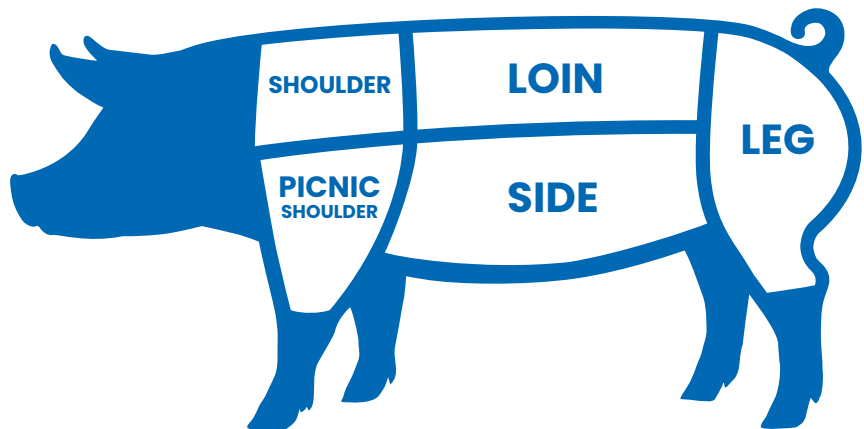
Rack of Pork  □△	Pork Back Ribs  ■○△	New York Pork Roast or Top Loin Roast  □△	New York Pork Chop, boneless  ●■□
Country-Style Ribs, bone-in  ■○△	Sirloin Tip Roast, boneless  □△	Ribeye Pork Chop  ●■□	Ribeye Pork Chop, boneless  ●■□
Sirloin Pork Roast, boneless  □△	Sirloin Pork Chop, boneless  ●■□	Porterhouse Pork Chop  ●■□	Pork Tenderloin  ●□△

SHOULDER

Blade Steak, bone-in  ●■□	Shoulder Roast, bone-in  ■▲○△
Blade Pork Roast or Shoulder Blade Boston Roast  ■▲○△	Ground Pork  ●□
Pork Sausage  ●▲□△	Ground Pork Sausage  ●□

LEG

Ham Shank  ■	Ham  □△
Ham Steak  ●□	Smoked Ham, bone-in  □△



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SIDE

Pork Spareribs  ○△	Pork St. Louis-Style Ribs  ○△
Pork Belly, fresh  ■△	Bacon, cured  ●△

PICNIC SHOULDER

Arm Pork Roast or Arm Picnic  ■▲○△	Picnic Roast, boneless  ■▲○△
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CUTLETS & CUBES

Pork Cutlets  ●■□	Pork Cubes  ■▲□
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COOKING METHODS

● Sautéing	▲ Stewing	□ Grilling/Broiling
■ Braising	○ Barbecuing	△ Roasting/Baking



Pork Cooking Methods, Times & 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.

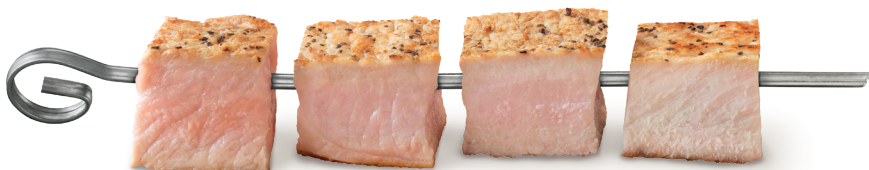
Barbecue: Over indirect medium heat (about 325° F.) unless otherwise noted.

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 CHOPS, ¾ inch thick		ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Boneless	New York (Top Loin) Chop Ribeye (Rib) Chop Sirloin Chop	26-28 min.	12-14 min.	8-12 min.	6-10 min.	145-160° F
Bone-in	Porterhouse (Loin) Chop Ribeye (Rib) Chop Sirloin Chop	21-22 min.	8-12 min.	10-16 min.	8-12 min.	
PORK ROASTS/TENDERLOIN		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.	2-2 ½ hrs.	Tender [†]
		5-6 lbs.		30-45 min. per lb.		
Boneless	New York (Top Loin) Roast	2 lbs.	26-28 min. per lb.	20-26 min. per lb.		145-160° F
	Sirloin Roast					
	Pork Loin Center Roast	3-5 lbs.	20-25 min. per lb.	12-15 min. per lb.		
Tenderloin (roast at 425° F)		1-1 ½ lbs	20-35 min.	20-30 min.		
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		1 ½-2 lb. rack	1 ½-2 hrs.	1 ½-2 hrs.	1 ¼-1 ½ hrs.	Tender [†]
Country-Style Ribs		3-4 lbs.	1-1 ¼ hrs.	45 min.-1 hr.	30-35 min.	
Spareribs (St. Louis Style)		3 ½-4 lb. rack	1 ½-2 hrs.	1 ½-2 hrs.	1 ¼-1 ½ hrs.	
OTHER CUTS		ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Cubes/Kabobs		1 inch	8-10 min.		8-10 min.	Tender [†]
Blade Pork Steak		¾ inch	10-12 min.	10-16 min.	11-12 min.	
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

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

† 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.



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