













# PURCHASING PORK:

## How to Identify Pork Cuts








pork.org/purchasingpork



### LOIN

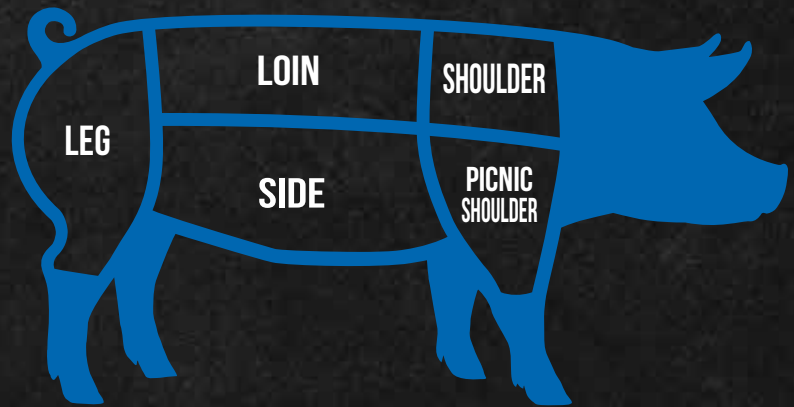
<b>Rack of Pork</b>  □△	<b>Pork Back Ribs</b>  ■○△	<b>New York Pork Roast or Top Loin Roast</b>  □△	<b>New York Pork Chop</b>  ●■□
<b>Country-Style Ribs, bone-in</b>  ■○△	<b>Sirloin Tip Roast, boneless</b>  □△	<b>Ribeye Pork Chop</b>  ●■□	<b>Ribeye Pork Chop, boneless</b>  ●■□
<b>Sirloin Pork Roast,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

### SHOULDER





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

### LEG

<b>Ham Shank</b>  ■	<b>Ham</b>  □△
<b>Ham Steak</b>  ●□	<b>Smoked Ham, bone-in</b>  □△





### SIDE

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

### PICNIC SHOULDER

<b>Arm Pork Roast or Arm Picnic</b>  ■▲○△	<b>Picnic Roast, boneless</b>  ■▲○△
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### CUTLETS AND CUBES

<b>Pork Cutlets</b>  ●■□	<b>Pork Cubes</b>  ■▲□
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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.

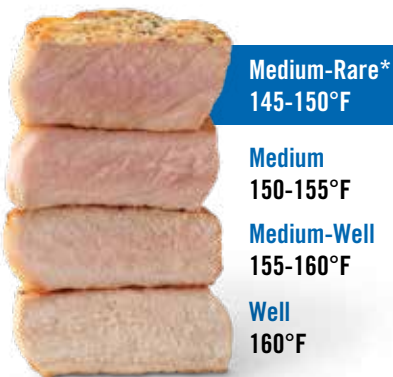
**Sauté:** Use a little oil in a pan; brown over medium-high heat, turning once through cooking time.

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

PORK CHOPS, 3/4 inch thick		ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Boneless	New York (Top Loin) Chop	26-28 min.	12-14 min.	8-12 min.	6-10 min.	145-160°F
	Ribeye (Rib) Chop					
	Sirloin Chop					
Bone-in	Porterhouse (Loin) Chop	21-22 min.	8-12 min.	10-16 min.	8-12 min.	
	Ribeye (Rib) Chop					
	Sirloin Chop					
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.	45-75 min. per lb.	2-2½ hrs.	Tender†
		5-6 lbs.	roast at 275° F.	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	3-5 lbs.	20-25 min. per lb.	12-15 min. per lb.		
	Pork Loin Center Roast					
Tenderloin (roast at 425°F)		1-1½ 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 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.	
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



†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.

