

Pork Cooking Guide

At one time, pork was served only well done. This was to ensure the meat was safe to eat and to melt out the fat. Today's pork has changed — here are the facts.

Today's Pork: Impressive Nutritional Credentials

Growing children and teenagers, busy adults, active seniors, the weight conscious and athletes all could benefit from including pork in their diets. An average 100g (3 1/2 oz) cooked serving of today's pork provides a generous amount of many essential nutrients. Thiamin (B1), Niacin (B2), Vitamin B6, Vitamin B12, Iron, Zinc, and Protein.

Pork Need Not Be Overcooked

It can be cooked to medium 160°F (70°C) to give a juicy and tender product. Years ago consumers were concerned about trichinosis in pork and therefore overcooked it. Today, as a result of improved production methods in Canada, there has not been a case of trichinosis for over 20 years. Now, if pork is cooked to a higher temperature, the meat tends to dry out and become tough. The exception is ground pork and sausage, which like all ground meats, should be cooked thoroughly.

Cooking Methods

There are two basic methods of cooking pork – dry and moist heat. The method you choose depends on the pork cut, personal preference, and time.

Dry Heat

Cooking Method	Recommended Pork Cuts	How to Tell When Pork is Done
Broiling 3-5" (7.5 - 12.5cm) from heat source	<ul style="list-style-type: none"> ▪ pork kabobs ▪ side* or back* ribs ▪ pork chops/ steaks ▪ ground pork burgers 	<ul style="list-style-type: none"> ▪ surface of meat is golden brown ▪ pork is slightly 'springy' to the touch ▪ ground pork and sausage, like all other ground meats, should be cooked thoroughly
Barbecuing or Grilling cook over low to medium heat	<ul style="list-style-type: none"> ▪ side*, back* or country-style ribs ▪ double and single loin roasts ▪ inside and outside leg roasts ▪ ground pork burgers ▪ leg tip roast ▪ rack of pork ▪ pork chops / steaks ▪ pork sausage ▪ pork kabobs 	<ul style="list-style-type: none"> ▪ internal temperature of roasts reaches 160°F (70°C) ▪ chops, steaks and ribs are golden brown ▪ pork is slightly 'springy' to the touch ▪ ground pork and sausage like ▪ all other ground meats, should be cooked thoroughly
Stir-frying small amount of oil, over medium-high heat	<ul style="list-style-type: none"> ▪ pork strips ▪ small pork cubes ▪ ground pork 	<ul style="list-style-type: none"> ▪ surface of meat is golden brown ▪ ground pork and sausage, like all other ground meats, should be cooked thoroughly

<p>Pan frying small amount of oil, brown on high, cook at medium-high</p>	<ul style="list-style-type: none"> ▪ pork scallopini ▪ pork schnitzel ▪ pork chops/steaks ▪ ground pork burgers ▪ pork sausage ▪ pork cubes ▪ tenderloin ▪ leg cutlets 	<ul style="list-style-type: none"> ▪ surface of meat is golden brown ▪ ground pork and sausage, like all other ground meats, should be cooked thoroughly
<p>Roasting 325°F (160°C) uncovered, no liquid Note: 375°F (190°C) for tenderloin.</p>	<ul style="list-style-type: none"> ▪ double and single loin roasts ▪ inside and outside leg roasts ▪ crown roast ▪ rack of pork ▪ tenderloin ▪ leg tip roast ▪ shoulder butt roast ▪ shoulder picnic roast 	<ul style="list-style-type: none"> ▪ internal temperature reaches 160°F (70°C)

Moist Heat

Cooking Method	Recommended Pork Cuts	How to Tell When Pork is Done
<p>Braising use small amount of liquid, simmer covered over low heat on stove top or in a 325°F (160°C) oven</p>	<ul style="list-style-type: none"> ▪ shoulder picnic roast ▪ inside and outside leg steaks and roasts ▪ loin or rib steaks/chops ▪ shoulder steaks/chops ▪ side*, back* or country-style ribs ▪ pork cubes ▪ leg tip roast ▪ pork strips ▪ leg cutlets 	<ul style="list-style-type: none"> ▪ meat is tender
<p>Stewing sear meat, cover with liquid, simmer covered over low heat on stove top or in a 325°F (160°C) oven</p>	<ul style="list-style-type: none"> ▪ pork cubes ▪ pork strips ▪ side*, back* or country-style ribs ▪ shoulder chops/steaks 	<ul style="list-style-type: none"> ▪ meat is tender

* For best results when cooking ribs, cut meat into 2-3 rib portions, cover with water and simmer 15-30 minutes for back ribs and 30-45 minutes for side ribs. Continue to prepare as desired.

Perfect Pork Pointers

- Estimate 4 oz (120g) raw pork for a 3 1/2 oz (100g) cooked serving. Water evaporates during cooking resulting in weight loss.
- Don't overcook pork — cook to 160°F (70°C)
- Use a meat thermometer when roasting to avoid guessing when pork is done.
- When cooking stuffed pork roasts ensure the tip of the meat thermometer is in the meat not the stuffing
- Trim visible fat before cooking.
- After removing a roast from oven cover with foil and let stand for 10-15 minutes before carving.
- Slice pork across the grain.
- Stir-fry pork strips quickly over medium-high heat. Do not overcook since the meat will toughen and dry out.
- Barbecue or grill over low to medium-high heat. Use tongs for turning the meat.
- Use a nonstick skillet for pan frying and stir-frying. This way you need little or no oil which reduces the fat added to the meal.

Pork Roasting Guide

		lbs	kg	325°F(160°C) min./lb (500g)
Loin	centre-cut, bone-in	3-5	1.5-2.2	20-25
	rack of pork	3-5	1.5-2.2	20-25
	tenderloin end, boneless	3-4	1.5-2.0	25-30
	single loin, boneless	3-4	1.5-2.0	20-25
	rib end, boneless	2-4	1.0-2.0	25-30
	crown roast, not stuffed	8+	3.5+	10-15
	double loin, boneless	3-5	1.5-2.2	30-35
Leg	inside, boneless	3-4	1.5-2.0	20-25
	outside, boneless	3-4	1.5-2.0	20-25
Shoulder	shoulder butt, boneless	3-6	1.5-3.0	30-35
	shoulder picnic, boneless	3-6	1.5-3.0	30-35
	shoulder butt, bone-in	5	2.5	25-30
	shoulder picnic, bone-in	5	2.5	25-30
Tenderloin	roast at 375°F (190°C) oven temperature	1/2-3/4	250-350g	30-35 (total cooking time)

Pork Storing Guide

		Refrigerator 36-40°F (2-4°C)	Freezer 0°F (-18°C)
Fresh	roasts, chops/steaks ground pork sausage (fresh) variety meat	2-4 days 1-2 days 2-3 days 1-2 days	8-10 months 1-3 months 2-3 months 3-4 months
Processed	Sausage · smoked · dry and semi dry sausage ham* bacon* cold cuts* leftover cooked pork**	3-7 days 2-3 days 3-4 days 1 week 3-5 days 4-5 days	1-2 months 1-2 months N/R 1 month N/R 2-3 months

N/R - not recommended

*If vacuum packaged check manufacturer's date.

** Leftover cooked pork should be cooled at room temperature uncovered, then covered tightly and refrigerated or placed in freezer within an hour after cooling.

Storage Tips

- When in doubt throw it out! If you discover something in the refrigerator that you had forgotten about, don't taste it! If it looks or smells suspicious, throw it out.
- Remove as much air as possible from freezer bags before sealing.
- Freezer burn is caused by loss of moisture on the surface of food. Meat which has freezer burn will have a dry discolored surface and when cooked it will be tough and taste bland.
- A double layer of waxed paper between steaks, chops and patties makes it easy to separate them later on.

Pork Defrosting Guide

The best way to defrost meat is in the refrigerator		Refrigerator Defrosting Time
Roast	larger than 2 lbs (1.0 kg) less than 2 lbs (1.0 kg)	12-15 hours/pound (500g) 10-12 hours/pound (500g)
Chops/steaks	single 4-pack	8-10 hours 10-12 hours
Ground pork	1 lb (500g) 2 lbs (1.0 kg)	16-20 hours 24-30 hours
		Meat defrosted in a microwave oven should be cooked immediately. Follow microwave oven manufacturer's directions