

a guide to purchasing, handling & cooking pork

all about **Canadian**  
**pork**



**PORK · PORC**  
MARKETING CANADA

# choose Canadian



When you're looking for flavour, tenderness, versatility and healthy eating, Canadian pork is the perfect choice. Pork produced in Canada is top quality, safe and delicious. Its mild taste is well-suited to diverse flavour combinations – spicy, hot, tangy, or sweet – and is the basis for many ethnic favourites. A wide variety of pork cuts, both bone-in and boneless, suit all cooking styles and make meal planning and preparations easy.

## Pork is a healthy choice

Lean Canadian pork is nutrient-dense, satisfying and good for you. It contains high-quality protein and 12 essential vitamins and minerals. Pork is also naturally low in sodium and trans-fat free. The fats present are mostly poly- and mono-unsaturated, making pork suitable for cholesterol-lowering and heart-healthy diets. Also, 10 common cuts of fresh pork, when trimmed of visible fat, contain six grams of fat or less per 100 g (3 oz) serving. *Canada's Food Guide* recommends eating one to three 75 g (2 ½ oz) servings of Meat & Alternatives, like lean pork, each day. So choose Canadian pork! It's the perfect complement to a healthy eating plan.

## Look for the sticker

Fresh Canadian pork is available just about everywhere – from the meat counter at your favourite grocery store or butcher shop to farmers' markets and on-farm sales. Look for the "Canadian Pork" sticker on pork products at participating stores. If the fresh pork isn't labeled, be sure to ask where it comes from. Insisting on "choosing Canadian" helps support the Canadian economy and local agriculture.



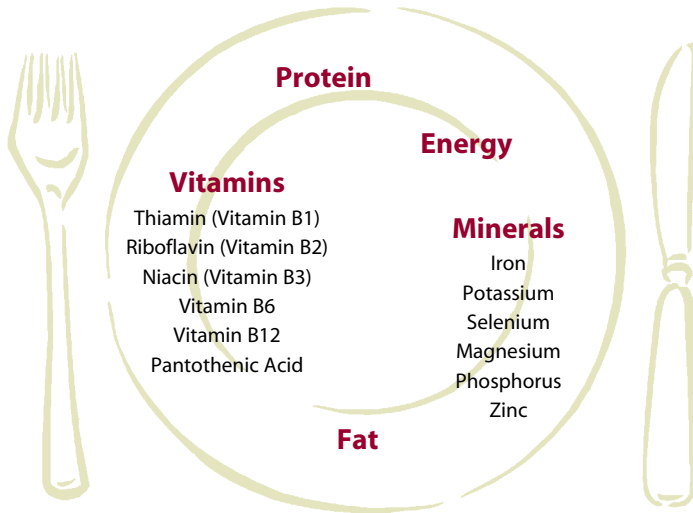
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# pork nutrition

Pork contains many of the nutrients recommended by Health Canada to build and maintain a healthy body.

## You get all these nutrients from pork



## Did you know

- All pork cuts, with the exception of ribs, qualify as “lean” or “extra lean” and fit well into a healthy eating plan.
- Fresh pork cuts are naturally tender and low in sodium.
- Fresh pork contains no trans-fat or hydrogenated fat. The fat in pork is mostly in the form of poly- and mono-unsaturated.
- Pork is the leading food source of thiamin, an essential B vitamin.
- Canadian pork is 44% leaner than in the 1970s, due to improved breeding and feeding practices.
- Pork is classified as a “red” meat because it contains more myoglobin (an oxygen holding protein) than chicken or fish.
- A serving of lean, trimmed, cooked pork is about the size of a deck of cards or the palm of your hand.

# How does pork compare?

All based on a 100 gram serving of roasted meat/poultry, trimmed or skinless.

	<b>Pork Tenderloin</b>	<b>Chicken Breast</b>	<b>Beef Tenderloin</b>	<b>Salmon Chinook (spring)</b>
Energy (Cal)	144	147	194	231
Protein (g)	28	30	31	26
Total Fat (g)	2.5	2.1	6.6	13.4
Polyunsaturated	0.5	0.5	0.3	2.7
Monounsaturated	1.1	0.8	3.3	5.7
Saturated	1.1	0.5	3.0	3.2
Cholesterol (mg)	70	75*	69	85
Carbohydrate (g)	0	0	0	0
		% Recommended Daily Intake**		
Iron	7%	6%	15%	5%
Phosphorus	35%	31%	26%	53%
Magnesium	10%	7%	8%	38%
Zinc	33%	10%	51%	7%
Vitamin B6	34%	42%	23%	35%
Vitamin B12	23%	13%	96%	120%
Riboflavin	35%	8%	25%	14%
Niacin	69%	36%	45%	71%
Thiamin	127%	6%	10%	4%
Sodium	2%	2%	3%	3%
Selenium	87%	49%	43%	85%

Source: Canadian Nutrient File, 2007b

\*Cholesterol value not calculated in 2007. Value is from 2001.

\*\*Recommended Daily Intake based on females aged 19-50 years (2001, National Academy of Science)

# characteristics of pork cuts

You can prepare perfect pork every time by knowing the characteristics of each cut. A side of pork is made up of four main wholesale areas, called PRIMALS. They are the **loin**, the **leg**, the **shoulder** and the **belly**. Each area has its own characteristics.



**Loin** is the most tender and lean and yields the premium-priced pork cuts. It is divided in three sections – the rib (closest to the shoulder), the centre and the sirloin. Cuts from the loin are **roasts, chops, cutlets, tenderloin, back ribs, country-style ribs, cubes** and **strips**. The roasts and chops may be bone-in or boneless. Loin cuts are usually cooked by dry heat\* cooking methods.

Pork loins can be purchased whole, providing cost savings for buying bulk, and can be cut into smaller pieces (e.g. roasts, chops, strips, cubes) and frozen for future use.



**Leg** is very lean and more economical than the loin. The leg may be sold as a whole roast, or a half, or it may be sectioned into three muscle cuts – the **inside, outside** and **leg tip**. Leg cuts may be bone-in or boneless. Hams are cured and smoked legs of pork. Leg cuts can be cooked by dry heat\*, but are best suited to moist heat\* cooking methods.



**Shoulder** is the most economical retail cut. It is divided into two sections – the picnic and the blade. The cuts may be either bone-in or boneless and may be made into **roasts, chops, steaks, cubes** or **ground pork**. Moist heat\* produces excellent results but dry heat\* cooking can be used as well.



**Belly** provides **side ribs, bacon** and other **processed pork products**.

\*Refer to pages 10 & 11

# purchasing pork

Pork's versatility makes it the perfect choice for everyday meals, casual entertaining and elegant dinners. *When purchasing Canadian pork consider the following:*

- 1 The degree of leanness** – Modern-day production has reduced pork's fat content, making it a major contender in the lean meat category. For the leanest cuts of pork, look for the word "loin" on the label.
- 2 What part of the pig is this cut from?** – This is known as the "primal" or "wholesale" cut and specifies which part of the carcass the meat comes from. This information is a good indicator of the relative tenderness of the cut and can help consumers decide which cooking method to use when preparing the cut. This part of the label may read pork shoulder, loin, leg, etc.
- 3 How much time do you have?** – If time is limited, you'll want to select a smaller cut, like pork chops that cook quickly. If you're entertaining and have several other dishes to prepare, you may want to choose a roast that can be put in the oven and requires very little attention.
- 4 Number of people to be served** – The average serving size for pork is 100 g (3 oz) of cooked meat. Start with 150 g (4 oz) of boneless, raw pork to yield an average serving size of cooked pork. A 100 g (3 oz) serving is about the size of a deck of cards or the palm of your hand.
- 5 Cost** – To get the most for your money, take time to figure out the cost per serving. Some boneless cuts may seem more expensive, but are actually a better buy because you're not paying for the bone. Calculating cost per serving is a better measure of value and can be calculated with this formula:

$$\text{Cost per serving} = \frac{\text{Cost per pound or kilogram}}{\# \text{ of servings per pound or kilogram}}$$

## How much to buy

The amount of pork to buy will depend on the number of servings required and whether the meat is boneless or bone-in. A rule of thumb is to allow 1/4–1/3 lb (125–165 g) per person for boneless cuts, 1/3–1/2 lb (165 - 250 g) for bone-in cuts.

Cut	Servings/lb	Servings/kg
Boneless Roasts	3–4	7–8
Bone-in Roasts	2–3	5–6
Boneless Steaks, Chops, Cubes, Strips	3–4	7–8
Blade Steaks and Bone-in Chops	2–3	5–6
Ground Pork or Sausage	3–4	7–8
Side or Back Ribs	<i>allow 1/2 to 1 rack per person</i>	
Crown Roast	<i>1–2 ribs/person</i>	

# handling pork

## Storage times

### FRESH

	(4°C/40°F) Refrigerator	(-18°C/0°F) Freezer
Roasts, Steaks, Chops	2–4 days	8–10 months
Ground Pork	1–2 days	1–3 months
Leftover cooked pork*	2–3 days	2–3 months
Variety meat	1–2 days	3–4 months

**Note:** Some newer types of fresh meat packaging allow for longer storage times in the refrigerator and bear a “Best Before” date. Once these vacuum packages are opened, the meat should be used promptly (ground pork within 1 day, other cuts within 2–3 days).

### PROCESSED

	(4°C/40°F) Refrigerator	(-18°C/0°F) Freezer
Smoked Sausage	3–7 days	1–2 months
Ham**	3–4 days	not recommended
Bacon**	7 days	1 month
Cold Cuts**	3–5 days	not recommended

\*Cool to room temperature, uncovered. Then cover tightly and refrigerate or place in freezer within two hours after cooking.

\*\*If vacuum packed, check manufacturer’s “Best Before” date.

## Freezing

- Use moisture-proof, airtight packaging, sealable freezer bags, heavy duty foil or freezer wrap to protect the meat from losing moisture during storage.
- Remove as much air as possible before sealing to prevent “freezer burn.”
- Freeze chops and steaks in meal-size packages.
- A double layer of waxed paper between pieces makes it easier to separate later.
- Freeze ground pork in patties or in 1/2 lb/250 g or 1 lb/500 g packages.
- Label packages with the date, pork cut, weight and number of servings.
- Use pork within the recommended time for best flavour and texture.



# food safety

Canada's food supply is one of the safest in the world. However, food safety doesn't just happen. Many people play a vital role in keeping our food safe, including farmers, growers, processors, grocers and consumers. Follow the 4 steps – Clean, Separate, Chill, Cook – to eliminate harmful bacteria and greatly reduce the risk of foodborne illness. And remember, "When in doubt, throw it out!"

## Four steps for food handling

Reduce the risk of foodborne illness by following these **4 IMPORTANT STEPS**:

### 1. CLEAN

– wash your hands and kitchen surfaces often

### 2. SEPARATE

– keep raw meat/poultry/seafood and their juices separate from other foods. Don't cross-contaminate

### 3. CHILL

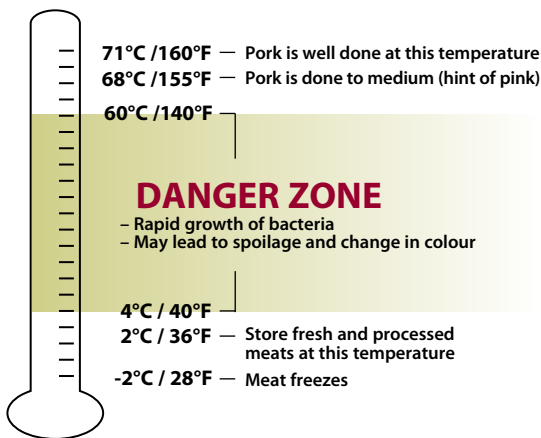
– refrigerate or freeze foods promptly

### 4. COOK

– always cook to proper temperatures

## Food safety temperature guide

**Keep pork below 40°F (4°C) or above 140°F (60°C)!**



### 2-hour rule

Refrigerate or freeze perishables, prepared food and leftovers, within two hours. Discard food left at room temperature longer than two hours. This includes food in the car, at picnics and food left on the counter.

# cooking guide

There are two different methods for cooking pork – dry heat and moist heat.

**COOKING TIP:** *To retain pork's juiciness, always use tongs rather than a fork for turning.*

## DRY heat

– to cook uncovered **without** the addition of liquid.

This method is most suitable for loin cuts, although some leg and shoulder cuts can also be prepared using dry heat. *Dry heat methods include:*



**ROASTING** – to cook in the oven, in an uncovered pan, surrounded by dry heat

### HOW TO DO IT:

- Preheat oven to recommended roasting temperature
- Roast larger cuts of pork (over 2 lb/1 kg) at 325°F (160°C)
- Roast smaller cuts of pork (under 2 lb/1 kg) at 350°F (180°C)
- Do not cover
- Do not add liquid
- Roast to an internal temperature of 155–160°F (68–71°C)
- Remove from oven, tent loosely with foil and let rest 5–10 minutes before slicing. This allows the meat to reabsorb juices.

**Note:** Roast pork tenderloin at 375°F (190°C) for 30–35 minutes total time or to an internal temperature of 155°F (68°). Tent with foil; let rest 5 minutes.

**CUTS FOR ROASTING** – Loin Roasts, Crown Roasts, Racks of Pork, Pork Tenderloin

**BROILING** – to cook directly under intense, dry heat

### HOW TO DO IT:

- Cook 3–5" (8–12 cm) from heat source
- Cook using high heat until meat surface is golden brown and slightly "springy" to the touch

**CUTS FOR BROILING** – Chops, Steaks, Kabobs, Satays, Ribs

**PAN-FRYING/SAUTÉING** – to cook quickly in a small amount of oil over direct heat in an open pan or skillet

### HOW TO DO IT:

- Use a medium-high temperature
- Cook to medium. Ground pork and sausages should be cooked to well done.

**CUTS FOR PAN-FRYING** – Chops/Steaks, Burgers, Cutlets/Schnitzel, Scaloppini, Tenderloin Medallions, Cubes, Sausage

**STIR-FRYING** – to cook small pieces of meat quickly in a small amount of oil over high heat, stirring and tossing constantly

**CUTS FOR STIR-FRYING** – Strips, Cubes, Ground Pork

**GRILLING** – to cook directly over intense heat

**HOW TO DO IT:**

- Preheat barbecue on high
- Reduce heat to medium or low temperature to cook

**Steaks/Chops**

Grill over medium heat; turn once.

**Roasts**

Preheat barbecue. Turn off heat on one side and reduce heat on other side. Place roast on the “off heat” side, directly on the grill or in a pan. Close cover and cook to 155°F (68°C) on a meat thermometer.

**Ribs**

**Direct Heat:** Grill over medium to low heat; turn using long-handled tongs and baste often, about 1 1/2 hours.

**Indirect Heat:** Heat barbecue to about 250°F (130°C), turn off one side and place ribs on the “off-heat” side. If using barbecue sauce start basting after 30 minutes, and continue until ribs are cooked and tender, between 1 1/2 - 2 1/2 hours total. Turn ribs every 20 minutes or so. If using a rub, apply before you start grilling.

**MOIST heat** – to cook in a covered pan **with** added

liquid or steam. This is an excellent method for leg and shoulder cuts.

*Moist heat methods include:*



**BRAISING/POT ROASTING** – to cook in a small amount of liquid in a tightly covered pan, either in the oven or on the stove-top

- For both large cuts (roasts, ribs) and smaller cuts (chops and cubes)

**HOW TO DO IT:**

- Brown meat first
- Add a small amount of liquid
- Cover and simmer over low heat or in the oven approx. 30–35 min per lb/0.5 kg

**CUTS FOR BRAISING/POT ROASTING** – cubes, chops, leg and shoulder roasts

**STEWING** – to cook in a moderate amount of liquid by simmering

**HOW TO DO IT:**

- Brown meat first
- Add liquid to cover
- Cover pan and simmer over low heat or in the oven approx. 30–35 min per lb/0.5 kg

**CUTS FOR STEWING** – cubes

# roasts

## LOIN ROASTS

- Lean and tender
- May be bone-in or boneless
- Single or Double Loin
- May be cut from the rib, centre or sirloin sections



### to cook:

**DRY HEAT** – Cook to medium (155–160°F/68–71°C).

## SHOULDER ROASTS

- Moderately tender
- Bone-in or boneless
- 3 types:

### *Shoulder*

*Blade* – most popular retail cut

*Capicola* – boneless subsection specialty cut

*Picnic Shoulder* – most economical, usually smoked or used for ground pork



### to cook:

**MOIST HEAT** – Add liquid, cover pan. Cook until tender, 30–35 min per lb/0.5kg.

**DRY HEAT** (for the tender *Capicola*) – Roast uncovered at 325°F/160°C.

Cook to medium (155–160°F/68–71°C).

## LEG ROASTS

- Very lean
- Moderately tender
- Boneless – small roast from inside, outside or tip sections
- Bone-in – whole or smaller part of leg



### to cook:

**DRY HEAT** – Roast uncovered at 325°F/160°C. Cook to medium, (155–160°F/68–71°C).

**MOIST HEAT** – Add liquid, cover pan. Cook until tender, 30–35 min per lb/0.5kg.

## cinnamon pork roast

4 lb	<b>CANADIAN PORK LOIN</b>	2 kg
	<b>CENTRE ROAST, BONELESS</b>	
2 Tbsp	cinnamon	25 mL
2 Tbsp	salt	25 mL
1 tsp	freshly ground white pepper	5 mL
2 Tbsp	sugar	25 mL
1	onion, finely grated	1
4	garlic cloves, minced	4
1-2 Tbsp	soy sauce	15-30 mL

Pat roast dry with paper towels. Combine cinnamon, salt, pepper, sugar, onion, and garlic. Blend in 1 Tbsp (15 mL) soy sauce. If not spreadable, add another 1 Tbsp (15 mL) of soy sauce. Rub mixture into loin. Refrigerate 3 hours to overnight. Grill pork over medium-low indirect heat 1-1/4 to 1-1/2 hours (about 20 minutes per pound) or until the internal temperature is 155°F (68°C). Alternatively, roast uncovered at 325°F (160°C) until meat thermometer registers 155°F (68°C), about 1 1/4 - 1 1/2 hours. Cover loosely with foil and allow to rest for 5 to 10 minutes before cutting into thin slices.

**YIELD: 10 - 12 servings**



# lean pulled pork

3 lb	<b>CANADIAN PORK</b> SHOULDER BLADE ROAST, BONELESS	1.5 kg
1 cup	barbecue sauce	250 mL
1 tsp	EACH cumin, oregano	5 mL
2 tsp	chili powder	10 mL
1 Tbsp	Worcestershire sauce	15 mL
2 Tbsp	cider vinegar	25 mL
1 Tbsp	molasses	15 mL
1	onion, sliced	1

Place roast in a roasting pan. Combine remaining ingredients; spread over and around roast. Cover and roast in a 325°F (160°C) oven for 3 1/2 hours. Remove roast to a cutting board. With 2 forks, pull meat into shreds, discarding any fat. Transfer shredded pork to a casserole dish. Pour cooking liquid into a measuring cup and remove any fat. Pour degreased liquid over pork. Cover and bake another 45 minutes. To serve, layer onto Kaiser rolls and top with coleslaw if desired.

**YIELD: 8–10 servings**

## roasting guide

(in 325°F/160°C oven)

Retail Pork Cut	Weight		Minutes per lb/ 0.5 kg
	lbs	kg	
<b>Loin centre roast, bone-in</b>	3–5	1.5–2.2	20–25
<b>Single loin, boneless</b>	1.5–2	0.75–1.0	30–35
<b>Double loin, boneless</b>	3–5	1.5–2.2	30–35
<b>Leg, boneless</b>	3–4	1.5–2.0	20–25
<b>Shoulder blade/picnic, boneless</b>	3–6	1.5–3.0	30–35
<b>Shoulder blade/picnic, bone-in</b>	5	2.5	25–30
<b>Rack of pork</b>	3–5	1.5–2.2	20–25



# specialty roasts

## CROWN ROAST

- From the rib section of the loin
- Vary in size from 6 – 14 ribs
- Bones are “frenched” to expose tips

### to cook:

**DRY HEAT** – Fill cavity with large aluminum foil ball. Place roast in pan, bones up. Cover bone tips with small pieces of foil. See below for roasting times.



## RACK OF PORK

- From the rib section of the loin
- Usually consists of about 6 ribs
- Bones are “frenched” to expose tips

### to cook:

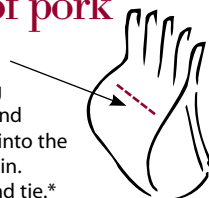
**DRY HEAT** – Roast uncovered at 325°F/160°C. Cook to medium, 155–160°F/68–71°C.



## stuffing a rack of pork

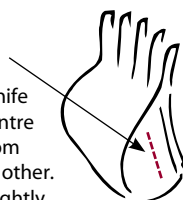
### METHOD 1

Cut meat along the rib bones and open a pocket into the centre of the loin. Stuff, reform and tie.\*



### METHOD 2

Carefully slide a long, sharp knife through the centre of the meat, from one end to the other. Enlarge hole slightly with the knife. Remove knife and with your finger, open the hole you just cut. Do not remove any meat. Force stuffing into the opening first from one end, then from the other.\*



\*Any remaining stuffing can be baked at 325°F/160°C in a greased casserole, covered with foil, for about one hour.

## instructions for crown roast of pork

### Small Roasts (under 7 lbs/3kg)

Roast uncovered at 325°F/160°C for 1/2–1 hour. Remove from oven; remove foil ball.

Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–71°C.

### Medium Roasts (7–9 lbs/3–4 kg)

Roast uncovered at 325°F/160°C for 1 1/2 hours. Remove from oven; drain off excess fat.

Remove foil ball. Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–71°C.

### Large Roasts (Over 10 lbs/4.5 kg)

Roast uncovered at 325°F/160°C for 2–2 1/2 hours. Remove from oven; drain off excess fat.

Remove foil ball. Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–71°C.

## apricot pine nut stuffing

1 cup	dried apricots, chopped	250 mL
1/2 cup	orange juice	125 mL
1 Tbsp	butter	15 mL
1	medium onion, chopped	1
1	celery stalk, chopped	1
6 cups	soft bread cubes	1.5 L
1	apple, chopped	1
1 tsp	salt	5 mL
1/2 tsp	sage	2 mL
1/2 tsp	black pepper	2 mL
1/3 cup	pine nuts or chopped almonds, toasted	75 mL

Simmer apricots in a small saucepan with juice for 5 minutes. Melt butter in a non-stick skillet. Add onion and celery and cook until soft. Place in a large bowl and toss with bread cubes, apple, salt, sage, black pepper and nuts. Add apricot mixture and mix thoroughly.

Use as stuffing for rack, crown, loin or leg roasts of pork.

## honey lemon glaze

1/3 cup	liquid honey	75 mL
1/4 cup	EACH brown sugar, lemon juice	50 mL
Pinch	garlic salt	pinch
1 tsp	grated lemon rind	5 mL
1 tsp	dried mint (optional)	5 mL

Combine all ingredients. Brush over roast during last 30–45 minutes. Use this glaze recipe for rack, crown, loin or leg roasts of pork.

**YIELD: 1/2 cup (125 mL)**



# pork tenderloin

## WHOLE PORK TENDERLOIN

- The most lean and tender pork cut
- Roast whole, stuffed, cut into strips, cubes or medallions

### to cook:

**DRY HEAT\*** – Roast at 375°F/190°C, uncovered, for 30–35 minutes total cooking time, to medium (155–160°F/68–71°C).



\*Recommended, but pork tenderloin may be cooked by any method.

## PORK TENDERLOIN PIECES

- Whole tenderloin which has been cut crosswise to form medallions
- Pieces may be flattened to form thinner pieces



### to cook:

**DRY HEAT** – Panfry, Sauté, Broil. Cook to medium (155–160°F/68–71°C).

## pork tenderloin roasting guide

(in 375°F/190°C oven)

Weight		Minutes
lbs	kg	
1/2–3/4	250–375g	30–35 (total cooking time)

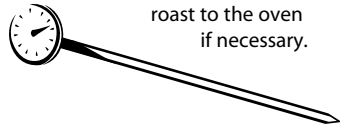
## using a meat thermometer

To cook pork to its juicy and flavourful best, use a meat thermometer to determine doneness. Overcooking pork yields tough and dry results. Insert the probe of the thermometer into the thickest part of the roast, not in fat, stuffing or resting against bone.

**Oven-Proof Thermometers** are inserted before roasting and left in for the entire cooking process.



**Instant-Read Thermometers** are not oven-proof. Insert to determine temperature near the end of the cooking time. Take the temperature, then remove thermometer. Return roast to the oven if necessary.



**Disposable Pop-Up Indicators** are for one-time use only. Insert before roasting; leave in for entire cooking time.





## roasted tenderloin

with vegetables

2	<b>CANADIAN PORK</b>	2
	TENDERLOINS, well trimmed, about 12 oz (0.375 kg) each	
1	red pepper, thickly sliced	1
1	yellow pepper, thickly sliced	1
2	zucchini, sliced lengthwise	2
1	red onion, cut into 8 wedges	1
1 Tbsp	canola oil	15 mL
1/2 tsp	EACH salt and pepper, combined	2 mL
1/4 cup	apricot or peach jam	50 mL
2 Tbsp	grainy mustard	25 mL
2 Tbsp	cider vinegar	25 mL

Place vegetables on a foil-lined baking sheet (with rims). Sprinkle with oil and half the salt/pepper mixture. Toss to coat well. Push vegetables to sides of the sheet. Place pork tenderloins in the centre of the pan. Combine remaining salt/pepper mixture and remaining ingredients. Brush generously over pork. Roast at 450°F (230°C) for about 25 minutes. Then broil until pork and vegetables are lightly browned. Let pork rest 5 minutes before slicing thickly. Serve on a platter, surrounded by vegetables.

**YIELD: 6 servings**

## peppered pork crostini

with mango salsa

1	<b>CANADIAN PORK</b>	1
	TENDERLOIN, well trimmed, about 12 oz (0.375 kg)	
2 Tbsp	cracked black pepper	25 mL
1/3 cup	light cream cheese	75 mL
2 Tbsp	chopped cilantro	25 mL
1/4 tsp	salt	1 mL
1/2 cup	finely diced mango	125 mL
1 tsp	lime juice	5 mL
1/4 tsp	red pepper flakes	1 mL
1 Tbsp	chopped cilantro	15 mL
1	baguette	1

Spread cracked pepper on a sheet of waxed paper. Roll tenderloin in pepper to coat evenly. Roast at 375°F (190°C) for about 30 minutes to an internal temperature of 155°F (68°C). Cool; wrap well and refrigerate several hours. Stir first amount of cilantro into cream cheese along with salt. Combine mango, lime juice, red pepper flakes and cilantro. To serve, slice tenderloin thinly. Slice baguette into 1/4" (5mm) slices. Toast baguette slices (unless bread is very crusty). Spread each slice with a small amount of cream cheese mixture. Top with a tenderloin slice. Spoon a dab of mango salsa onto each serving.

**YIELD: 25-30 crostini**

# chops & steaks

## LOIN CHOPS

- Smaller slices cut from the loin
- May be cut from the rib (front) end, centre or sirloin (hind) end
- Can be bone-in or boneless
- Vary in thickness from thin (fast fry) to double thickness



### to cook:

**DRY HEAT** – Broil, Panfry, Barbecue.

**MOIST HEAT** – Braise. Cook to medium.

## LEG STEAKS

- Smaller slices cut from the leg
- Boneless



### to cook:

**DRY HEAT** – Barbecue (marinate to tenderize, if desired).

**MOIST HEAT** – Braise.

## SHOULDER BLADE STEAKS/CHOPS

- Smaller slices cut from the shoulder blade
- Can be bone-in or boneless
- Vary in thickness



### to cook:

**DRY HEAT** – Barbecue (marinate if desired).

**MOIST HEAT** – Braise.

## herb & balsamic rubbed chops

with roasted corn salsa

4	<b>CANADIAN PORK RIB CHOPS</b> , 1" (3 cm) thick	4
1/2 tsp	coarse salt	2 mL
1/2 tsp	freshly ground pepper	2 mL
1 Tbsp	chopped fresh parsley	15 mL
1 tsp	chopped fresh thyme	5 mL
1 tsp	dried oregano	5 mL
1/4 cup	balsamic vinegar	50 mL
2 Tbsp	canola oil	25 mL
2 Tbsp	unsalted butter	25 mL
2 cup	frozen corn	500 mL
1	jalapeno pepper, seeded and minced	1
1 tsp	ground cumin	5 mL
1 tsp	fresh lime juice	5 mL
	Coarse salt and pepper	
	Fresh cilantro leaves	

For **Herb Paste**, combine coarse salt, freshly ground pepper, parsley, thyme, oregano, balsamic vinegar and canola oil in small bowl. Rub each pork chop with **Herb Paste**. Place in glass dish. Cover and marinate in refrigerator 2 hours prior to grilling.

For **Corn Salsa**, melt butter in small skillet over medium-high heat. Add corn, jalapeno and cumin; cook for 5 minutes. Toss with lime juice and season with salt and pepper. Garnish with cilantro.

Preheat grill to high; reduce to medium-high heat. Grill pork chops 6-8 minutes per side. Serve with **Corn Salsa**.

**YIELD: 4 servings**

Recipe courtesy of ANNA Magazine.

## spicy pork steaks/chops

4	<b>CANADIAN PORK SHOULDER</b>	4
	BLADE STEAKS/CHOPS, about 1/2" (1.25 cm) thick	
1 1/2 Tbsp	paprika	20 mL
1 Tbsp	ground coriander	15 mL
1 1/2 tsp	ground marjoram	7 mL
2 tsp	garlic powder	10 mL
1 tsp	salt	5 mL
3/4 tsp	pepper	4 mL
1/2 tsp	ground cumin	2 mL
1/4 tsp	caraway seeds, crushed	1 mL
1/4 tsp	cinnamon	1 mL
1 Tbsp	grated lemon rind	15 mL

Place pork steaks/chops on a cutting board or waxed paper. Combine remaining ingredients. Rub spice mixture on both sides of steaks, pressing into meat. Preheat barbecue on high; reduce heat to medium. Grill steaks about 12–15 minutes, turning once.

**YIELD: 4 servings**

## marinades

Marinades are typically a combination of oil, an acidic ingredient (wine, vinegar, orange juice, etc.) and herbs or other flavouring agents. Since pork is a naturally tender meat, marinades are used to add flavour and to help keep meat moist during broiling or grilling. Smaller pieces need at least 30 minutes. Larger cuts (roasts) need at least 8 hours or longer.

- Select a container that is not metal or aluminum (these will react with the acid in the marinade)
- Marinate in the refrigerator
- Never reuse a marinade
- To use a marinade for basting, reserve a small amount before adding the meat **OR** boil and simmer a marinade with raw meat juices for at least 10 minutes before basting

### Lemon Marinade

- 1/2 cup/125 mL **olive oil**
- 2 **lemons**, juiced, plus zest of one lemon
- 1/4 cup/50 mL **dry white wine**
- 1 **clove garlic**, minced
- 2 tsp/10 mL **fresh sage**
- 1 **bay leaf**, torn

### Honey Mustard & Beer Marinade

- 1/4 cup/50 mL **beer**
- 2 Tbsp/25 mL EACH **canola oil**, **honey**
- Dijon mustard**, prepared mustard
- 1 tsp/5 mL **coarse black pepper**



# cutlets, schnitzel & scallopini

## CUTLETS

- Thin, well trimmed slices from the loin or leg
- May be mechanically tenderized (delicated)

### to cook:

**DRY HEAT** – Cook quickly in small amount of oil until browned. Do not overcook.

**MOIST HEAT** – Brown, add liquid, cover pan.



## SCHNITZEL & SCALLOPINI

- Very thin, well trimmed slices from the loin or leg
- May be breaded or marinated
- Schnitzel and Scallopini names are often used interchangeably



### to cook:

**DRY HEAT** – Cook quickly in a small amount of oil until browned. Do not overcook.

## lemon-sage schnitzel with panko crust

4	<b>CANADIAN PORK</b>	4
	SCHNITZELS OR SCALLOPINI*	
1 cup	panko crumbs**	250 mL
1 tsp	grated lemon rind	5 mL
1 tsp	dried leaf sage, crumbled	5 mL
1/2 tsp	freshly ground pepper	2 mL
1 1/2 Tbsp	EACH mayonnaise, Dijon mustard	20 mL
1	egg	1
2 Tbsp	water	25 mL
	Canola oil (small amount)	
4	lemon wedges	4

On a plate, combine crumbs with lemon rind, sage and pepper. Combine mayonnaise and mustard. Whisk egg and water together in a medium bowl. Dredge schnitzels with mayonnaise mixture, dip into egg mixture, then coat with crumbs. Transfer to a rack and allow crumbs to dry, about 15 minutes. Heat a small amount of oil in a non-stick skillet over medium-high heat. Panfry schnitzels, about 4-5 minutes per side or until golden brown; do not overcook. Serve garnished with lemon wedges.

**YIELD: 4 servings**

\* *Trimmed fast fry pork chops, pounded thinly, may be substituted for schnitzels or scallopini.*

\*\* *Panko crumbs are a lighter fluffy type of crumb. Regular bread crumbs may be substituted.*



# ground pork

## pork burgers

with basil mayonnaise

1 lb	LEAN GROUND	500 g
	<b>CANADIAN PORK</b>	
1	egg, beaten	1
1/4 cup	dry bread crumbs	50 mL
1	medium onion, finely chopped	1
2	cloves garlic, minced	1
2 Tbsp	white wine vinegar	25 mL
2 tsp	Dijon mustard	10 mL
1 Tbsp	fresh basil	15 mL
1/2 tsp	EACH salt and pepper	2
6	hamburger buns	6

### **Basil Mayonnaise:**

1/4 cup	light mayonnaise	50 mL
1 Tbsp	fresh basil	15 mL

Place pork in a bowl. Add egg, bread crumbs, onion, garlic, vinegar, mustard, basil, salt and pepper. Mix lightly with a fork to combine. Form into six patties, 3/4" (2 cm) thick. Preheat barbecue on high. Reduce heat to medium. Grill patties 5-10 minutes per side. Always cook ground pork to well done. In a small bowl, whisk mayonnaise with basil; top patty with a dollop of basil mayo. Sandwich your favourite accompaniments in with burgers. Garnish with alfalfa sprouts if desired.

**YIELD: 6 servings**

## GROUND PORK

- Usually ground from shoulder cuts
- Lean ground pork has 17% fat or less

### to cook:

#### **DRY HEAT** or

**MOIST HEAT** – Any cooking method, depending on recipe.

Cook all ground pork to 160°F/71°C.



## FRESH PORK SAUSAGE

- Usually ground from shoulder cuts
- Fresh sausages are not cured

### to cook:

**DRY HEAT** – Panfry, roast, broil or barbecue/grill.

All fresh sausage must be thoroughly cooked.



# ribs

## BACK RIBS

- From the loin section
- Meaty and tender
- May be sold with the tail\* on



\* the small meaty section on the end

### to cook:

**DRY HEAT** – Roast or barbecue.

**MOIST HEAT** – Braise in sauce in covered roaster **OR** Simmer or steam and finish on the barbecue with sauce.

## SIDE RIBS

- Rib section from the belly
- Less meaty than back ribs
- Lower price per lb/kg than back ribs
- Can be cut for sweet and sour ribs



### to cook:

**DRY HEAT** – Roast, broil or barbecue.

**MOIST HEAT** – Braise in sauce in covered roaster **OR** Simmer or steam and finish on the barbecue with sauce.

## COUNTRY STYLE RIBS

- Rib section of the loin
- May be purchased whole or sliced

### to cook:

**DRY HEAT** – Roast or barbecue/grill.

**MOIST HEAT** – Braise in sauce in covered roaster **OR** simmer or steam and finish on the barbecue with sauce.



## asian spiced back ribs

with honey soy glaze

4 lb	<b>CANADIAN PORK</b>	2 kg
	BACK RIBS	
1/2 cup	brown sugar	125 mL
2 1/2 Tbsp	ground ginger	35 mL
1/2 tsp	salt	2 mL
1/4 tsp	cayenne pepper	1 mL
1 tsp	pepper	5 mL
1 tsp	garlic powder	5 mL
1/2 cup	honey	125 mL
1/2 cup	reduced sodium soy sauce	125 mL
2 tsp	mustard	10 mL
2 tsp	Worcestershire sauce	10 mL
4-5 drops	hot pepper sauce	4-5 drops

Lift and peel the skin from the back of each rack of ribs. Combine brown sugar, ginger, salt, cayenne pepper, pepper and garlic powder. Rub generously over both sides of each rack. Roast at 350°F (180°C) for about 1 1/2 hours. Cover loosely with foil if ribs are browning too quickly. Meanwhile, combine honey, soy sauce, mustard, Worcestershire sauce and hot pepper sauce. Remove ribs from oven when done. Brush all over with glaze. Wrap each rack in foil. Keep warm and marinate for at least one hour.

**YIELD: 4-6 main dish or 20 appetizers**



# grilled country style ribs

3 lb **CANADIAN PORK RIBS** 1.5 kg  
COUNTRY STYLE

## **Marinade:**

1/2 cup	orange juice	125 mL
2 Tbsp	red wine vinegar	25 mL
2 Tbsp	vegetable oil	25 mL
1 Tbsp	minced ginger root (or 1 tsp/5 mL ground)	15 mL
2	cloves garlic, minced	2
1 tsp	dried thyme	5 mL
1/3 cup	plum sauce	75 mL

Place pork in plastic bag or glass baking dish. Combine orange juice, vinegar, oil, ginger, garlic and thyme. Reserve 1/4 cup (50 mL) for basting. Pour remaining marinade over meat; seal or cover and marinate at least 4 hours in the refrigerator. Preheat barbecue on high. Reduce heat to low. Grill meat for 30–45 minutes, depending on thickness, brushing often with reserved marinade and turning two or three times. Brush pork with plum sauce during last 10 minutes of cooking. Remove ribs from grill, cover with foil and let stand 10 minutes before carving. Serve with additional plum sauce, if desired.

**YIELD: 6 servings**

## rubs for ribs and more!

A rub is a mixture of dry spices and seasonings spread on the outside surface of the meat. Rub on at least 30 minutes before cooking to allow flavours to penetrate. The longer the rub is left on the meat, the more intense the flavour. Larger pieces of meat, like roasts, should be rubbed and refrigerated several hours or overnight. Rubs work well when the meat is cooked with dry heat (e.g. grilling on the BBQ or roasting in the oven).

### **Southwestern Rub**

2 Tbsp/25 mL **chili powder**  
1 1/2 tsp/7 mL **oregano**  
3/4 tsp/4 mL **ground cumin**  
1 tsp/5 mL **garlic powder**

### **Jamaican Jerk**

1 Tbsp/15 mL **dried minced onion**  
1 1/2 tsp/7 mL **garlic powder**  
2 tsp/10 mL **crushed thyme**  
1 tsp/5 mL **EACH salt, pepper, allspice**  
1/4 tsp/1 mL **EACH nutmeg, cinnamon**  
1 1/2 tsp/7 mL **sugar**  
1/2 tsp/2 mL **cayenne**

### **Oriental**

1 Tbsp/15 mL **EACH onion powder, garlic powder, paprika, dry mustard, ground ginger**  
1 1/2 tsp/7 mL **black pepper**  
1 tsp/5 mL **five spice powder**



# cubes, strips & satays

## CUBES

- Well-trimmed pieces from the loin, leg or shoulder
- Used for kabobs or stew



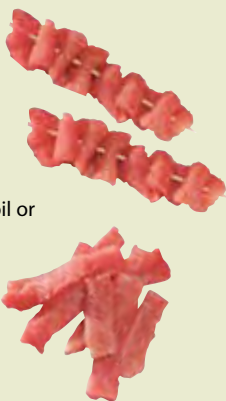
### to cook:

**DRY HEAT** – Broil or Barbecue/Grill for Kabobs.

**MOIST HEAT** – Stew or braise for stews.

## STRIPS and SATAYS

- Thin, well-trimmed pieces from the loin, leg or shoulder
- Satays are threaded onto skewers



### to cook:

**DRY HEAT** – Strips: stirfry. Satays: season or marinate. Broil or Barbecue/Grill.

## thai noodle bowl

1 lb	LEAN <b>CANADIAN</b> PORK STRIPS	500 g
2 Tbsp	canola oil, divided	30 mL
2	cloves garlic, minced	2
1 Tbsp	ginger root, finely chopped	15 mL
1/2 lb	large shrimp, raw and shelled	250 g
1	small onion, diced	1
1	red pepper, cut into strips	1
1 bunch	fresh asparagus, cut into 1" (2.5 cm) pieces	1
2/3 cup	mango juice	150 mL
1 cup	light coconut milk	250 mL
2 tsp	Thai red curry paste	10 mL
1/2 cup	fresh mango, diced	125 mL
	Salt to taste	
3 Tbsp	fresh coriander, chopped	45 mL

Heat 1 Tbsp / 15 mL oil in a wok or deep, non-stick skillet over medium-high heat. Add pork strips, garlic and ginger and stir-fry 2 to 3 minutes. Add shrimp and cook 2 minutes more. Remove from skillet and set aside. Put wok or skillet back on the burner and add remaining oil. Stir-fry onion, red pepper and asparagus 1 to 2 minutes. Set aside with pork. Deglaze the skillet with mango juice, scraping up any loose bits from the bottom of the skillet. Add coconut milk and curry paste. Let simmer 5 minutes. Add the pork, shrimp, vegetables and mango to the sauce and heat through. Add salt to taste. Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

**YIELD: 4 servings**





## easy oven goulash

2 lbs	<b>CANADIAN PORK</b> SHOULDER BLADE, well-trimmed, cut in 1 1/2" (4 cm) cubes	1 kg
2	onions, chopped	2
2	cloves garlic, minced	2
2 tsp	salt	10 mL
1/4 cup	tomato paste	50 mL
2 Tbsp	paprika	25 mL
1/2 tsp	pepper	2 mL
14 oz	can sauerkraut, rinsed and drained	398 mL
1 tsp	caraway seeds	5 mL
1/2 cup	low fat or fat-free sour cream	125 mL

Place pork cubes and onions in a heavy Dutch oven or small enamel roaster. Crush garlic and salt with the back of a spoon to form a paste. Combine with tomato paste, paprika and pepper. Spread paste over pork cubes and stir to coat well. Cover and roast in the oven at 325°F (160°C) for 1 1/2 hours. Remove from oven and stir in sauerkraut and caraway

seeds. Cover and return to oven for 45–60 minutes, until pork is very tender. Remove from oven. Stir in sour cream. Serve with egg noodles.

**YIELD: 6–8 servings**

## orange-glazed pork satays

1 lb	<b>BONELESS CANADIAN</b> PORK LOIN STRIPS	0.5 kg
3/4 cup	plum sauce	175 mL
1/3 cup	frozen orange juice concentrate, thawed	75 mL
1/3 cup	cider vinegar	75 mL
1 Tbsp	sesame oil	15 mL
1/2 tsp	salt	2 mL
1/4 tsp	crushed red pepper flakes	1 mL

Thread pork strips on small skewers, folding in thin ends. Combine remaining ingredients. Reserve half for dipping sauce. Pour remainder of mixture over pork strips. Cover and refrigerate 2–24 hours, turning occasionally. Drain pork, reserving marinade. Boil marinade gently for 5 minutes. Preheat barbecue on high. Reduce heat to medium. Grill pork, 5 to 7 minutes, turning and basting with marinade. Alternatively, broil 3–5" (8–15 cm) from heat for 5 to 7 minutes, turning and basting with marinade. Serve with reserved dipping sauce.

**YIELD: 4 servings**



# hams, bacon, etc.

## LEG CUTS

### Cooked Smoked Ham

- May be bone-in or boneless
- Whole leg is cured, smoked and fully cooked
- Sold as whole, halves (butt or shank), centre cut steaks



### Boneless Whole Muscle Ham

- Very lean; low moisture content
- Skinless, boneless whole leg is cured and molded into a “football” shape, smoked and fully cooked
- Sold as whole, halves, quartered or deli slices

### Toupie Style Ham

- Same as boneless whole muscle ham but higher moisture content

### Ham Nugget

- Lean; low moisture content
- Selected leg tip muscles are cured and pressed into small round shapes, smoked and fully cooked
- Sold whole or in halves

### Dinner Ham

- Boneless, high moisture content
- Selected lean pieces are cured, formed in a cylindrical shape, smoked and fully cooked

**to cook (all of the above):**

**DRY HEAT** – Serve as purchased or heat at 325°F/160°C for 15 minutes per lb/0.5kg.  
Steaks – BBQ/grill, panfry or broil.

## SHOULDER CUTS

### Smoked Pork Shoulder Picnic

- Bone-in or boneless; skin on
- Cured and smoked, fully cooked



**to cook:**

Roast at 325°F/160°C for 15 min lb/0.5kg

**OR** simmer in water, covered, to reheat.

## Cottage Rolls

- Selected boneless shoulder blade
- May be “sweet pickled” (raw) or “smoked” (fully cooked)

**to cook:**

For uncooked pieces, cover with water; simmer in covered pot for 1–1 1/2 hours.

## LOIN CUTS

### Peameal Back Bacon

- Selected boneless loins cured in a “sweet pickle” brine, then rolled in cornmeal
- Sold whole or sliced
- Usually uncooked. May be smoked and fully cooked



**to cook:**

Roast (dry or moist heat) larger pieces; panfry, broil, or BBQ/grill slices.

### Smoked Back Bacon

- Cured and smoked, fully cooked
- Available whole, or in thick or thin slices

**to cook:**

Panfry, BBQ/grill or broil slices; roast larger pieces with dry heat.

### Smoked Loin Chops (Kassler)

- Cured and smoked, fully cooked

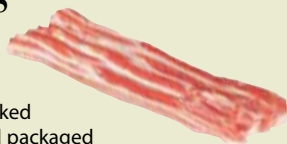
**to cook:**

Panfry, broil, BBQ/grill.

## BELLY CUTS

### Side Bacon

- Selected bellies are cured and smoked, fully cooked
- Usually sliced and packaged but may be sold as a whole slab



### Side Pork

- Not cured or smoked
- Sold in slab or slices

### Salt Pork

- Cured and sold fresh

### Smoked Side Ribs

- Cured and smoked, fully cooked

# glazed ham

## with cider sauce

5-6 lb	<b>CANADIAN</b> HAM, bone in and fully cooked	2.5-3 kg
2 1/2 cups	cider or apple juice	625 mL
1 cup	brown sugar, divided	250 mL
1 tsp	EACH cinnamon, ground cloves	5 mL
2 Tbsp	lemon juice	25 mL
1/2 cup	raisins, optional	125 mL
2 tsp	prepared mustard	10 mL
1 Tbsp	cornstarch [mixed with 2 Tbsp (25 mL) water]	15 mL

Place ham in large roasting pan. Combine cider, 1/2 cup (125 mL) brown sugar, cinnamon, cloves and lemon juice; pour over ham. Cover and roast at 325°F (160°C) for 1 1/2 to 2 hours, basting often. Add raisins, if using. Cover and roast 30 minutes more. Combine remaining brown sugar and mustard; press on to ham. Roast, uncovered 30 minutes more. Remove ham from pan. Skim off any fat from pan. Stir cornstarch mixture into pan juices. Cook and stir over low heat until thickened. Serve cider sauce with ham.

**YIELD: 12-20 servings**

## ham glazes

### Mustard Glaze

1/4 cup/50 mL **Dijon mustard**  
2 Tbsp/25 mL **brown sugar**  
2 tsp/10 mL **orange juice** or  
**white wine**

Combine and brush over ham during last 15–30 minutes.

### Maple-Ginger Glaze

1/4 cup/50 mL **maple syrup**  
2 tbsp/25 mL **all-purpose flour**  
1 tbsp/15 mL EACH **Dijon mustard**,  
**lemon juice**  
1/8 tsp (1/2 mL) **powdered ginger**

Combine and brush over ham during last 15–30 minutes.

### Honey-Orange Glaze

1/2 cup/125 mL EACH **honey** or  
**corn syrup** and **orange juice**

1 cup/250 mL **brown sugar**  
Combine and brush over ham during last 15–30 minutes.

### Pineapple-Apricot Glaze

1/2 cup/125 mL EACH **apricot nectar**  
and **pineapple juice**

1 cup/250 mL **brown sugar**  
Combine and brush over ham during last 15–30 minutes.

## cooking a ham

Most hams are fully cooked. However, the flavour and juiciness will be enhanced by additional cooking. Roast in an uncovered pan at 325°F (160°C) for 15 minutes per lb/0.5 kg or until a meat thermometer registers 140°F (60°C). If desired, brush or coat with glaze during the last 15–30 minutes.

To roast a small formed ham piece, place it cut side down in a small roasting pan. Add a small amount of water or fruit juice like apple or pineapple. Cover loosely with aluminum foil and roast at 325°F (160°C) for about 1 hour or until heated through.

## Quality Production = Quality Food

Canadian pork is of the highest quality, produced by farmers committed to providing wholesome and safe food for consumers here at home and around the world.

To maintain the high quality of Canadian pork, the pork industry developed and launched the Canadian Quality Assurance® program, a proactive, on-farm program to ensure food safety.

### The CQA® program

- Is a practical, on-farm food safety program that provides producers with best production practices and protocols for feed mixing, medication use and detailed record keeping.
- Is based on HACCP (Hazard Analysis Critical Control Points) – an international science-based approach to food safety.
- Requires participating farms to be validated annually by program-trained validators.
- The majority of Canada's meat packing industry requires that animals shipped to their facilities be raised under the CQA® program.
- Is an industry-driven program of the Canadian Pork Council and its provincial affiliates.

Humane and responsible swine production is a priority of Canada's pork industry. Producers enrolled in the Canadian Pork Council's Animal Care Assessment (ACA) program voluntarily submit to an on-farm inspection and audit of their production facilities. ACA builds on the food safety aspects of the CQA® program. It is recognized that many of the practices that promote food safety on farms are also essential to good animal care.



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