

Cooking Method	Cut	Amount	Temp*	Average Cook Time
<b>Roasting</b> in a shallow pan at 350° F., unless noted.	Loin Roast, Bone-In and Boneless*	2-5 lbs.	145° F	20 min./lb.
	Tenderloin (roast at 425°F.)	½-1½ lbs.	145°	20-27 min. total
	Ribs	—	Tender	1½-2 hrs.
<b>Broiling</b> 4-5" from heat <b>or Grilling</b> over direct, medium heat; turn halfway through	Loin Chops, Bone-In or Boneless	¾"	145°	8-9 min. total
	Thick Loin Chops, Boneless	1½"	145°	12-16 min. total
	Loin Kabobs	1" cubes	Tender	10-15 min. total
	Tenderloin	½-1½ lbs.	145°	20 min. total
<b>Barbecuing</b> over indirect medium heat (285° F.)	Loin Roast, Bone-In and Boneless*	2-5 lbs.	145°	2 lbs. = 20 min./lb. 3½-5 lbs. = 15 min./lb.
	Ribs	—	Tender	1½-2 hrs. total
<b>Sauteing</b> in a pan of cooking oil over medium-high heat, turn halfway through	Cutlets	¼"	Tender	3-4 min.
	Loin Chops, Bone-In or Boneless	¾"	145°	8 min. total
	Tenderloin Medallions	¼-½"	Tender	4-8 min. total
<b>Braising</b> by simmering, covered, with a liquid; turn halfway through	Loin Chops, Bone-In or Boneless	½-¾"	145°	6-8 min. total
	Shoulder Butt*	3-6 lbs.	Tender	2-2½ hrs.
	Ribs	—	Tender	1½-2 hrs.

\*For easier slicing and to let the pork juices redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.  
\*\*Internal temperature as measured by a meat thermometer, followed by a 3-minute rest period.

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# The Pork Kitchen Companion

An Essential Guide to Cooking Pork

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**RUDIMENTARY RUBS** In a small bowl, stir together spices. Rub spice mixture evenly over pork, coating the entire surface. Cook pork as desired, or cover and refrigerate for 15 minutes to several hours to boost flavors.

## CARIBBEAN

1 tsp. EACH sugar, dried minced onion, and crushed dried thyme leaves  
¼ tsp. salt  
½ to ¾ tsp. crushed red pepper  
½ tsp. EACH ground ginger, ground allspice, and ground black pepper

## ASIAN

1 Tbs. black peppercorns, crushed  
¼ tsp. salt  
1 tsp. brown sugar  
½ tsp. ground ginger  
½ tsp. ground cinnamon  
1½ tsp. anise seeds, crushed  
¼ tsp. ground cloves

## MEXICAN

1 Tbs. chili powder  
1 tsp. EACH brown sugar, and ground cumin  
½ tsp. ground cinnamon  
¼ to ½ tsp. ground red pepper  
¼ tsp. salt

## CAJUN

1 tsp. EACH ground white pepper, onion powder, dried crushed thyme leaves, and ground black pepper  
½ tsp. EACH garlic powder, celery seeds, ground red pepper  
¼ tsp. salt

## GREEK

1 Tbs. EACH minced garlic, finely shredded lemon peel  
1½ tsp. EACH crushed dried rosemary, and crushed dried oregano leaves  
1 tsp. dried mint, crushed  
¼ tsp. EACH salt, and ground black pepper

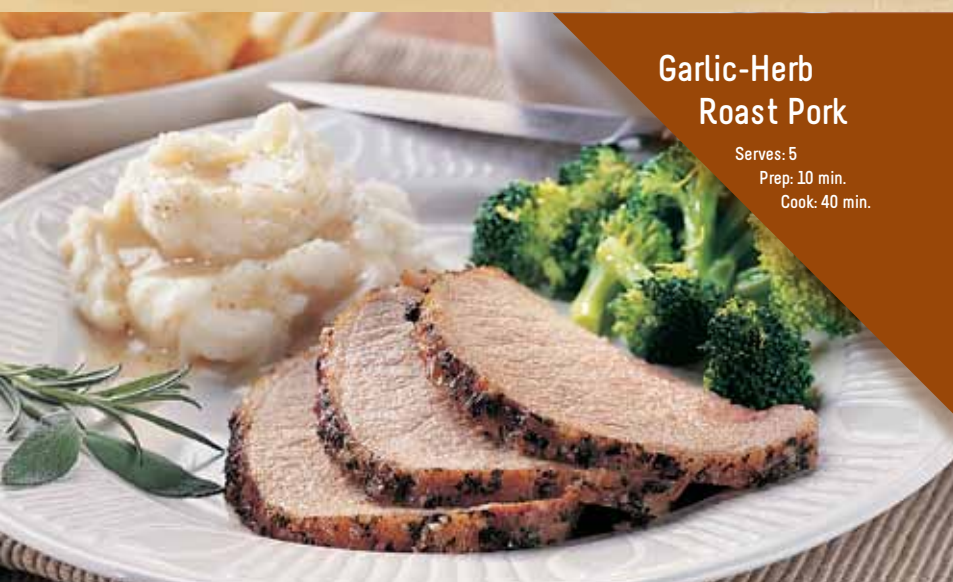
## Using an Instant-Read Thermometer

If you do not already have one, we recommend you make a small investment in a digital instant-read thermometer. Although larger meat thermometers are designed to be left in the meat while cooking, an instant-read thermometer should not be left in the oven or on the grill.

To use an instant-read thermometer, pull the meat out of the oven or off the grill far enough to insert the probe about 2 inches into the thickest part of the meat without touching bone. The temperature should register in a few seconds. For end temperatures and cooking times for each cut of pork refer to the special tear-off.

## Storage Time Chart

Type of meat	Specific cut	Refrigerator at 36-40° F.	Freezer at 0° F.
Fresh Pork	Roasts, chops	2 - 4 days	3 - 6 months
	Ground Pork	1 - 2 days	1 - 3 months
	Sausage (fresh)	7 days	2 months
Cured and Prepared Pork Products	Smoked ham and whole ham slices	3 - 4 days	2 months
	Smoked sausage	3 - 7 days	Not recom'd
	Dry / Semi-dry sausage	3 - 7 days	Not recom'd
	Frankfurters	4 - 5 days	1 month
	Bacon	5 - 7 days	1 month
Cooked Pork Products	Luncheon meats	7 days	Not recom'd
		4 - 5 days	2 - 3 months



## Garlic-Herb Roast Pork

Serves: 5  
Prep: 10 min.  
Cook: 40 min.

## Mike Ditka's Official Tailgater's Pork Chops

8 Pork Rib Chops, 1-inch thick  
4 cups orange juice  
1 cup soy sauce  
2 Tbs. garlic, chopped  
½ cup Dijon-style mustard  
½ cup honey  
1 tsp cayenne pepper

In a mixing bowl, combine orange juice, soy sauce, garlic, mustard, honey and cayenne pepper. Mix together with a whisk. Pour over pork chops and marinate in the refrigerator for 12-24 hours.

Remove pork from marinade; discard marinade. Season pork with salt and pepper and grill for 10-12 minutes, turning once, until internal temperature on a thermometer reads 145° F., followed by a 3-minute rest time.

**Nutrition:** Calories: 164, Protein: 21g, Fat: 6g, Sodium: 848mg, Cholesterol: 51mg, Saturated Fat: 1g, Carbohydrates: 11g, Fiber: 0g.

**THE BASIC CHOP:** Marinate 1-inch-thick chops in Italian dressing and your favorite herbs in a resealable plastic bag in the refrigerator overnight. Sauté or grill chops over medium-high heat 10-12 minutes, turning once, until internal temperature is 145° F. with a three-minute rest time.

## Southwest-Spiced Roasted Pork Tenderloin

1 pork tenderloin, about 1 pound  
1 Tbs. paprika  
1½ tsp. salt  
1½ tsp. brown sugar  
1½ tsp. sugar  
1½ tsp. chili powder  
1½ tsp. ground cumin  
1½ tsp. black pepper

In small bowl, stir together paprika, salt, brown sugar, sugar, chili powder, ground cumin and black pepper until thoroughly blended. Makes ¼ cup.

Heat oven to 425° F. Season tenderloin with 2 tablespoons rub. Place tenderloin in shallow pan and roast for 20-27 minutes, until thermometer inserted reads 145° F. Remove pork from oven and let rest 5 minutes. Slice tenderloin to serve.

**Nutrition:** Calories: 135, Protein: 23g, Fat: 4g, Sodium: 487mg, Cholesterol: 65mg, Saturated Fat: 2g, Carbohydrates: 3g, Fiber: 1g.

**THE BASIC TENDERLOIN:** Season pork tenderloin as desired and place in a shallow roasting pan. Roast at 425°F. for 20-27 minutes or until meat thermometer inserted reads 145°F. Allow to rest 5 minutes before serving. Slice crosswise into medallions and serve.



## Kansas City-Style Pork Back Ribs

Serves: 5  
Prep: 15 min.  
Cook: 2 hrs.

## Carolina Pulled Pork BBQ Sandwiches

Serves: 10-12  
Prep: 15 min.  
Cook: 4 hrs., 20 min.  
Marinate: 1 hr.

## Molasses Black Pepper Glazed Ham

1 bone-in ham, cooked, 10-12 pounds  
2 cups orange juice  
¼ cup honey  
¼ cup molasses  
2 Tbs. brown sugar  
2 Tbs. Dijon-style mustard  
1 Tbs. black pepper, coarsely ground

**Ham:** Place ham in roasting pan; score a ½-inch thick diamond pattern into the upper surface of ham. Position rack in the lower third of the oven; heat to 325° F. Place ham in oven and bake until internal temperature, as measured with a meat thermometer, reads 130° F., 1½-2 hours. **Glaze:** In a saucepan, bring orange juice to a boil; reduce heat to a simmer and reduce the orange juice by half, stirring occasionally, 15-20 minutes. Stir in honey, molasses, brown sugar, mustard and pepper. Simmer slowly until thickened, 25-30 minutes. Set aside. **Applying Glaze:** When ham reaches 130° F., baste with a pastry brush: brush glaze generously on all surfaces of the ham. Bake 10 minutes; baste again 2 more times, until internal temperature of ham reaches 140° F. Remove from the oven and let the ham rest in roasting pan on a rack for 10-30 minutes. Baste with the drippings in the bottom of the pan a few times before carving.

**THE BASIC HAM:** Place ham in a shallow pan, roast in a 325°F. oven until meat or instant-read thermometer inserted reads 140°F., 15-20 minutes per pound.

This guide will help you decide which cut will make the most of your meal.

**Cuts that cook in 30 minutes or less:**

- Chops**  
Loin, rib, sirloin, top loin, blade
- Ground Pork**
- Tenderloin**
- Ham Steaks**

**Making Sense of the Meatcase**

**Cooking Tip:** Paired with your favorite veggies, cubes of boneless chops or tenderloin make great kabobs.

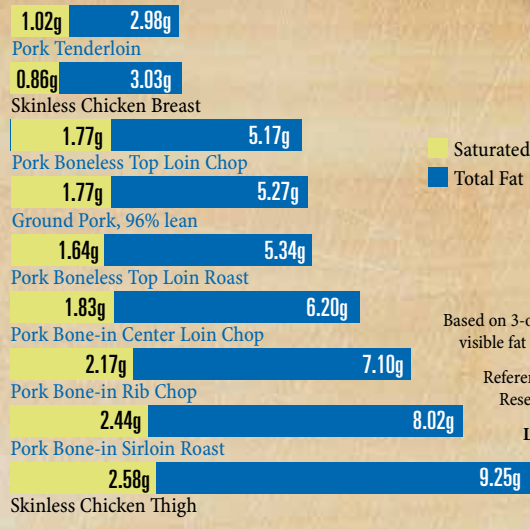
**Cooking Tip:** For delicious pork burgers on the grill, form ground pork into ½-inch thick patties and broil 4 inches from heat for about 8 minutes.

**Cuts that cook in 30+ minutes:**

- Ribs**  
Back, spareribs, country-style
- Roasts**  
Loin, ham, fresh leg, shoulder

**Cooking Tip:** Don't boil ribs prior to grilling or roasting. They will keep their flavor and tenderness better if slow-cooked in the oven or over indirect heat on the grill.

**The Leanest Cuts of Pork...**



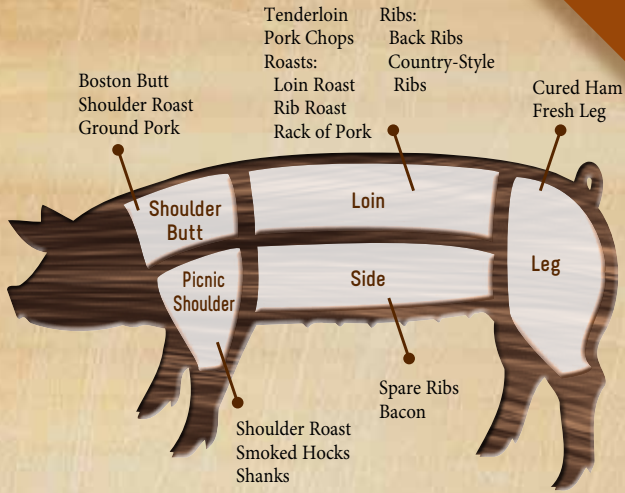
Based on 3-ounce cooked servings (roasted or broiled), visible fat and skin trimmed after cooking.

Reference: U.S. Department of Agriculture, Agriculture Research Service, 2006.

**Lean:** Less than 10g total fat, 4.5g saturated fat and 95mg cholesterol per serving.

**Extra Lean:** Less than 5g total fat, 2g saturated fat and 95mg cholesterol per serving.

**Pork Cuts Chart**



**SAUTEING** is perfect when you want a quick meal. In sautéing, the food is cooked over direct heat in a small amount of fat. *Ideal cuts: chops, cutlets, tenderloin medallions and ground pork patties.*

**GRILLING** is cooking over direct heat on an electric or charcoal grill. Grilling is best for tender cuts from the loin or tenderloin. Grilled meats can be marinated in advance to enhance flavor or basted with sauce during cooking. *Ideal cuts: chops, tenderloin and ground pork patties.*

**INDIRECT GRILLING / BARBECUING** is a long, low-heat method using coals, smoldering logs or chunks of wood to cook the meat. This effect can also be achieved by placing food on the grill rack away from the coals or gas burners and slow-cooking. *Ideal cuts: loin roasts, ribs, shoulder and leg.*

**ROASTING** does not require as much attention from the cook. This cooking method is defined as cooking in an oven with an uncovered pan, and performs best with tender cuts. *Ideal cuts: loin roast, crown roast, leg and tenderloin.*

**STEWING** is a technique that transforms less tender cuts of meat into melt-in-your-mouth meals. Stewing allows the cook to assemble the dish and let it simmer, with little or no attention, for an hour or more. Vary the flavor profile of the dish by experimenting with liquids (wine, broth, beer and vegetable juices) and different herbs and spices. *Ideal cuts: shoulder and pork cubes.*

**BRAISING** is related to stewing. The main difference is the amount of liquid added to the simmering dish. Braising calls for less liquid to be added to browned meat. *Ideal cuts: chops or cutlets, pork cubes and shoulder.*



**Mike Ditka's Official Tailgater's Pork Chops**

Serves: 8  
Prep: 10 min.  
Cook: 10 min.  
Marinade: 12 hrs.

**Garlic-Herb Roast Pork**

- 1½-2 pounds boneless center-cut pork loin
- 4 cloves garlic, peeled, crushed
- 2 tsp. coarse salt
- 1 Tbs. fresh sage, minced, OR 2 tsp. dried
- 2 tsp. fresh rosemary leaves, minced, OR 1 tsp. dried
- ¾ tsp. freshly ground black pepper
- 1 Tbs. olive oil

Heat oven to 450° F. Pat pork dry with paper towels, place in shallow roasting pan. In small bowl, stir together garlic, salt, sage, rosemary, pepper and olive oil to make a paste. Rub garlic paste over all surfaces of pork loin; place in oven, roast for 15 minutes. Turn oven temperature down to 300° F., roast for 15-20 minutes, take internal temperature using an instant-read thermometer. When internal temperature of roast is 145° F., remove from oven, tent loosely with foil and let rest about 10 minutes before slicing to serve.

**Nutrition:** Calories: 243, Protein: 27g, Fat: 16g, Sodium: 995mg, Cholesterol: 82mg, Saturated Fat: 4g, Carbohydrates: 1g, Fiber: 0g.

**THE BASIC ROAST:** Rub a 2-pound loin roast with salt and pepper. Place in shallow pan and roast in a 350°F. oven for about 40 minutes, until internal temperature reads 145°F. Remove from oven and allow roast to rest for 10 minutes. Slice and serve.

**Kansas City-Style Pork Back Ribs**

- 3 slabs pork back ribs
- ½ cup sugar
- ¼ cup paprika
- 3 Tbs. seasoned salt
- 2 Tbs. EACH chili powder, ground black pepper
- 1 Tbs. EACH celery salt, onion powder, garlic powder
- 2 tsp. ground sage
- 1 tsp. dry mustard
- 1 cup barbecue sauce
- ½ cup honey

**Rub:** In jar with tight-fitting lid, combine all dry ingredients. Place lid on jar and shake to combine. Set spice rub aside. Makes about 1½ cups.  
**Glaze:** In saucepan over low heat, stir together barbecue sauce and honey. Heat through, stirring occasionally, 5 minutes. Set glaze aside, keep warm or at room temperature before using. (If storing for over 2 hours, cover and refrigerate. Reheat gently before using).

Pat ribs dry with paper towels, season generously with spice rub, using about 4-6 tablespoons per slab of ribs. Grill over indirect heat in a covered grill or smoker for 1½-2 hours. Turn ribs once during cooking, halfway through. Ribs are done when the meat is tender (insert a paring knife between ribs to determine); they will pull apart easily. About 20 minutes before ribs are done, baste with barbecue glaze. If you like your ribs extra sticky, baste again 10 minutes before removing from the grill.

**Nutrition:** Calories: 1145, Protein: 63g, Fat: 76g, Sodium: 3102mg, Cholesterol: 294mg, Saturated Fat: 28g, Carbohydrates: 54g, Fiber: 3g.

**BASIC RIBS:** Cut slabs between the bones into 4 pieces. Place ribs in a shallow roasting pan. Roast in a 350°F. oven 1½ hours. Remove ribs from oven, baste with your favorite sauce. Return ribs to oven, roast 30 minutes or until tender.



**Southwest-Spiced Roasted Pork Tenderloin**

Serves: 4  
Prep: 5 min.  
Cook: 30 min.

**Molasses Black Pepper Glazed Ham**

Serves: about 20  
Prep: 20 min.  
Cook: 2 hrs.



**Carolina Pulled Pork BBQ Sandwiches**

- 5-5½ pound boneless pork shoulder (butt) roast
- 2 cups cider vinegar
- ¼ cup brown sugar, packed
- 1 Tbs. crushed red pepper
- 1 Tbs. Worcestershire Sauce
- 1 tsp. salt
- hot pepper sauce, to taste
- 10-12 hamburger buns, split and toasted
- coleslaw, (optional)
- 4 cups wood chips (use hickory or oak for best flavor)

**BBQ Sauce:** In bowl, combine vinegar, brown sugar, red pepper flakes, Worcestershire sauce, salt and hot pepper sauce. Divide sauce into 2 portions; set aside. **Pulled Pork:** At least 1 hour before grilling, soak wood chips in water; drain before using. Rub meat with salt and black pepper. In a charcoal grill with a cover, place preheated coals around a drip pan for medium indirect heat. Add ½ inch hot water to drip pan. Sprinkle half the drained wood chips over the coals. Place meat on grill rack over drip pan. Cover and grill 4 hours or until meat is very tender. Add more preheated coals (use a hibachi or a metal chimney starter to preheat coals), wood chips and hot water every 1-1½ hours. Remove meat from grill; cover with foil, let stand 20-30 minutes. Using a fork, shred meat. Pour sauce over shredded meat; toss to coat. Serve on toasted buns. If desired, top meat with coleslaw. Serve remaining sauce on the side.

**Nutrition:** Calories: 397, Protein: 30g, Fat: 17g, Sodium: 572mg, Cholesterol: 94mg, Saturated Fat: 6g, Carbohydrates: 31g, Fiber: 2g.

**THE BASIC SHOULDER:** Salt and pepper all sides. Place in a roasting pan in a 350°F. oven. Cover, roast for 30 minutes per pound or until meat on instant-read thermometer reads 160°F. Remove from oven, and let rest 10 minutes before serving.