



# ALL ABOUT PORK

## **Highlights:**

Nutrition/Health & Wellness

Pork Safety

Buying & Handling Pork

Pork Storage

Labeling & Scoring

Pork Cuts

Cooking Techniques

Recipes



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# Pork is good for every meal.

**Why choose pork?**

**Because pork is jam-packed full of flavor and nutrients, it's lean, heart-healthy, and it's good for you!**

**Pork's versatility makes it an easy choice when meal planning.**

**This booklet offers a wide variety of information about pork's nutritional value, pork safety, pork cuts, methods of preparing pork, recipes, and more.**

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# Nutrition

Today's pork has about 16% less fat and 27% less saturated fat as compared to 30 years ago.

Pork has many beneficial qualities that make it easy to incorporate into a balanced menu. The variety of options range from decadent and flavorful to lean and nutrient-rich cuts that are affordable, easy to make, and enjoyable to people of all ages.

The pork tenderloin, sirloin pork roast, and sirloin pork chop all meet the criteria for the American Heart Association Heart Checkmark, which means they contain less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per label serving. Pork is also packed with protein, making it easy to include in a plant-forward and balanced diet.

## The Power of Pork Protein

The Acceptable Macronutrient Distribution Range (AMDR) suggests that about 10-35% of your day's total daily calories should come from protein; and of that protein, they recommend about 20 to 30 grams per meal to help maintain muscle mass and function.

**Pork tenderloin is one of the leanest, most tender cuts of pork!**

Looking for lean meat? Find "loin" or "chop" in the meat case.

- Pork tenderloin
- Sirloin pork chop
- Sirloin pork roast
- New York pork chop
- New York pork roast
- Porterhouse pork chop
- Ribeye pork chop
- Ground pork, 96% lean



## How Much Protein is in Pork?

per 3 oz. serving

<b>Pork Loin</b>	<b>Pork Sirloin Chop</b>	<b>Pork Sirloin Roast</b>	<b>Pork Tenderloin</b>
<b>23g</b>	<b>24g</b>	<b>26g</b>	<b>22g</b>

# Health and Wellness with Pork

## Why Pork?

Did you know that eating 20 to 30 grams of protein per meal may help you feel fuller and more satisfied? Pork is packed with the essential amino acids, vitamins, and minerals that your family needs. For example, every 3-ounce serving of pork tenderloin provides 22 grams of protein.

## Nutritious

Pork is a versatile, nutritious protein that fits into a variety of meal solutions to support an active lifestyle.

## Lean

Eight cuts of pork meet the USDA guidelines for “lean,” and pork tenderloin is as lean as a skinless chicken breast.

## Heart-Healthy

For your heart-healthy protein choice, choose boneless pork sirloin roast or pork tenderloin, which are American Heart Association Heart-Check Certified foods.

## How Much Fat is in Pork?

3-ounce cooked serving	Total Fat (g)/Saturated Fat (g)
Pork Tenderloin FDC ID: 168250 NDB Number: 10061	2.98 g / 1.02 g
Sirloin Pork Chop FDC ID: 168310 NDB Number: 10216	3.71 g / 1.15 g
Sirloin Pork Roast FDC ID: 168311 NDB Number: 10217	4.51 g / 1.52 g
New York Pork Chop 68253 NDB Number: 10068	5.17 g / 1.77 g
96% Lean Ground Pork FDC ID: 168375 NDB Number: 10979	5.27 g / 1.77 g
New York Pork Roast FDC ID: 168254 NDB Number: 10069	5.34 g / 1.64 g
Porterhouse Pork Chop FDC ID: 168240 NDB Number: 10042	6.20 g / 1.83 g
Ribeye Pork Chop FDC ID: 168244 NDB Number: 10050	7.10 g / 2.17 g

# Key Nutrients in Pork

Percent of daily value provided by pork based on a 3-ounce serving.

Reference: USDA, Agriculture Research Service, 2012.

## 6% - IRON

IRON IS A MINERAL WE NEED FOR GROWTH AND DEVELOPMENT. OUR BODY USES IT TO MAKE HEMOGLOBIN, WHICH IS A PROTEIN IN RED BLOOD CELLS THAT CARRIES OXYGEN FROM THE LUNGS THROUGHOUT THE BODY, AND MYOGLOBIN, A PROTEIN THAT PROVIDES OXYGEN TO MUSCLES. YOUR BODY ALSO USES IRON IN HORMONE PRODUCTION. IRON IN FOOD COMES IN TWO FORMS: HEME IRON AND NONHEME IRON. MEAT LIKE PORK, SEAFOOD, AND POULTRY HAVE BOTH HEME AND NONHEME IRON.

## 6% - MAGNESIUM

IMPORTANT FOR THE NORMAL FUNCTION OF MANY ENZYMES (CATALYSTS FOR THE BODY'S CHEMICAL REACTIONS), GLUCOSE, AND MUSCLE ACTION.

## 34% - NIACIN

IMPORTANT FOR THE NORMAL FUNCTION OF MANY ENZYMES IN THE BODY AND INVOLVED IN THE METABOLISM OF SUGARS AND FATTY ACIDS.

## 15% - PHOSPHORUS

STRENGTHENS BONES AND GENERATES ENERGY IN CELLS.

## 6% - POTASSIUM

THIS MINERAL, ALSO KNOWN AS AN ELECTROLYTE, PLAYS A MAJOR ROLE IN WATER BALANCE AND HELPS MAINTAIN NORMAL BLOOD PRESSURE. THIS IS CONSIDERED A NUTRIENT OF PUBLIC HEALTH CONCERN.

## 20% - RIBOFLAVIN

NEXT TO MILK, FEW FOODS HAVE AS MUCH RIBOFLAVIN PER SERVING AS PORK. RIBOFLAVIN HAS AN IMPORTANT ROLE IN THE RELEASE OF ENERGY FROM FOODS.

## 50% - THIAMIN

WITHOUT THIS KEY VITAMIN, METABOLISM OF CARBOHYDRATES, PROTEIN, AND FAT WOULD BE SIGNIFICANTLY COMPROMISED. ANIMAL PROTEIN IS ONE OF THE BEST SOURCES OF THIS NUTRIENT, AND AMONG THE CHOICES, PORK IS TOPS.

## 25% - VITAMIN B12

HELPS BUILD RED BLOOD CELLS AND METABOLIZE CARBOHYDRATES AND FATS.

## 25% - ZINC

A COMPONENT OF MORE THAN 70 ENZYMES, ZINC IS A KEY PLAYER IN ENERGY METABOLISM AND THE IMMUNE SYSTEM.

## 46% - PROTEIN

GIVES YOU THE ESSENTIAL AMINO ACIDS YOUR BODY NEEDS THAT CAN ONLY COME FROM FOOD. THESE HIGH-QUALITY PROTEINS HELP TO BUILD AND REPAIR TISSUES - THEY KEEP YOUR MUSCLES, SKIN, HAIR, AND NAILS IN TOP SHAPE. THEY ALSO HELP TO FIGHT INFECTION AND DISEASE.

# Pork Safety

**IT IS IMPORTANT TO FOLLOW PROPER FOOD SAFETY STEPS WHEN HANDLING, COOKING, AND SERVING MEAT TO PREVENT ILLNESS.**



## Do not cross-contaminate:

- Separate raw meat, poultry, seafood, and eggs from other foods.
- Keep different kinds of raw animal-based foods separate.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate or area that previously held raw meat, poultry, seafood, eggs, or raw vegetables.



## Cook to the safe internal temperature:

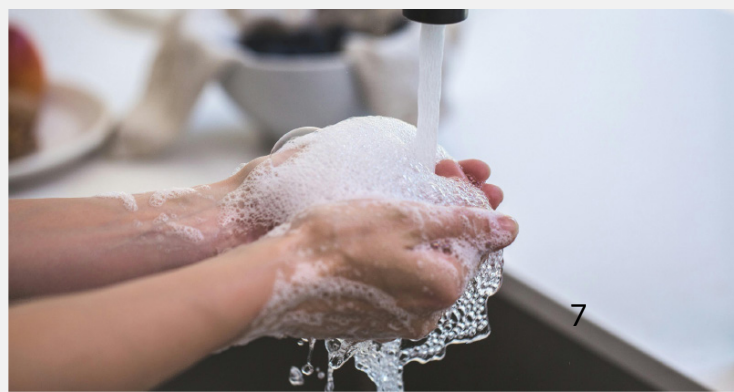
- Using a meat thermometer is the best way to test for doneness, ensuring both a safe and delicious eating experience. Make sure your meat thermometer is accurate!
- Cook whole muscle cuts like pork chops and pork tenderloin to a minimum of 145° F followed, by a 3-minute rest time prior to eating. Check the internal temperature in the thickest part of the food.

**WASH YOUR CUTTING BOARDS, DISHES, UTENSILS, AND COUNTERTOPS AFTER PREPARING EACH FOOD ITEM, AND CONSIDER USING PAPER TOWELS TO CLEAN UP SURFACES.**

## Refrigerate promptly:

- Refrigerate or freeze meat as soon as possible. Keep cold food at 40° F or below in a refrigerator or under ice and keep hot food at 135° F or above.
- Never let raw meat sit at room temperature for more than two hours before putting it in the refrigerator or freezer.
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

**ALWAYS WASH YOUR HANDS THOROUGHLY WITH HOT, SOAPY WATER BEFORE AND AFTER HANDLING RAW MEAT.**



# Pork Cooking Temperature

**THE SAFE INTERNAL PORK COOKING TEMPERATURE IS 145° F FOLLOWED BY A 3-MINUTE REST.**

## Cooking Temperature of Pork

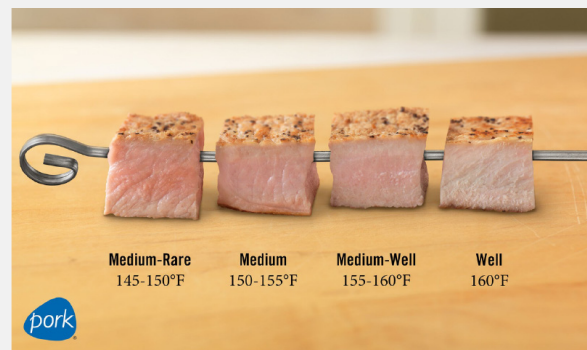
Finding the correct pork cooking temperature is the final step in plating a perfectly juicy, tender cut of meat. Pork today is very lean, making it important to not overcook and follow the recommended pork cooking temperature. **The safe internal pork cooking temperature for fresh cuts is 145° F.** To check doneness properly, use a digital cooking thermometer.

Fresh cut muscle meats such as pork chops, pork roasts, pork loin, and tenderloin should measure 145° F, ensuring the maximum amount of flavor. Ground pork should always be cooked to 160° F. Doneness for some pork cuts, such as small cuts that are difficult to test with a thermometer or large cuts that cook slowly at low temperatures, is designated as “tender.” Fully cooked ham can be reheated to 140° F or even enjoyed cold, while fresh ham should be cooked to 145° F, followed by a 3-minute rest.

Following these pork cooking temperature guidelines will not only result in a safe eating experience but also preserve the quality of your meat for a juicy, tender, delicious meal.



**USING A MEAT THERMOMETER IS THE BEST WAY TO TEST FOR DONENESS, ENSURING BOTH A SAFE AND DELICIOUS EATING EXPERIENCE.**



## Is Your Meat Thermometer Accurate?

- Fill a drinking glass to the top with ice.
- Fill the cup with water.
  - The ice should go to the bottom.
- Let the ice water sit for three minutes.
- Stir the ice water with the thermometer you are testing.
  - Keep the thermometer away from the sides of the glass.
- The thermometer should read 32° F because ice water is always 32° F!



# How to Use a Meat Thermometer

- There are two types of meat thermometers: digital and analog. Either one will work, however, the digital meat thermometer will give you the most accurate results.
- When you measure the internal temperature, measure at the thickest part of the meat and away from the bone. If the cut is thinner than 3/4", test through the side.
- Check the temperature while still in or on the heat source or immediately after removing.
- After temping meat, let it rest at least three minutes for juices to properly distribute for maximum flavor!



## What is the final cooking temperature of pork?

CUT	TEMPERATURE
Pork Loin Pork Tenderloin Pork Chop	145° F - 160° F
Fully Cooked Ham Fresh Ham	145° F
Ribs Pork Shoulder Cutlets	145° F - 180° F Note: These cuts are safe to eat at 145° F, but best enjoyed at 180° F.
Ground Pork	160° F

# Buying and Handling Pork

**PROPERLY STORING PORK WILL CUT DOWN ON WASTE, HELP ENSURE SAFETY, AND MAKE FOOD PREP EASIER!**

## Buying Pork

Finding the right cut, amount, and quality of pork depends on your meal needs:

- Pork that is a pinkish-red color will provide a better eating experience.
- Avoid choosing meat that is pale in color and has liquid in the package.
- Look for pork that has marbling/small flecks of fat. Marbling is what adds flavor.
- Avoid choosing any meat that has a dark-colored bone.
- The fat of the pork should be white with no dark spots.
- The average serving size for pork is 3 ounces of cooked meat. Start with 4 ounces of boneless, raw pork to yield 3 ounces of cooked pork. A 3-ounce serving is about the same thickness as a deck of cards.



## Safe Pork Handling

Before and after handling raw pork, wash your hands thoroughly with soapy, hot water. Do not cross-contaminate and be sure to keep your raw pork juices away from other foods. Always remember to wash all utensils that came in contact with the raw pork before using them on other foods.

It is important to keep your raw meats refrigerated to ensure safety. If food has been left in the “danger zone” – between 40° F and 140° F – pathogenic bacteria can grow.

**NEVER TASTE A FOOD TO SEE IF IT IS SPOILED. IT IS ALWAYS BEST TO USE THE RULE OF “WHEN IN DOUBT, THROW IT OUT.”**



# PorkStorage

## How long can I keep pork in the refrigerator?

CUT	TIME
Ground pork	1-2 days
Pork chops, tenderloin, or roasts	2-4 days
Smoked ham (whole or sliced)	3-4 days opened
Bacon	5-7 days
Sausage, hot dogs, deli meat	7 days opened

## How long can I keep pork in the freezer?

CUT	TIME
Ground pork	1-3 months
Pork chops, tenderloin, or roasts	3-6 months
Whole, cooked ham	freezing not recommended
Leftover ham	2-3 months
Bacon	1 month
Sausage, hot dogs, deli meat	freezing not recommended

# Freezing, Defrosting, and Thawing Pork

## How do I properly wrap fresh pork to keep it in the freezer?

- Use one of these freezer wrap materials: specially-coated freezer paper (place the waxed side against the meat); heavy-duty aluminum foil; heavy-duty polyethylene film; heavy-duty plastic bags.
- Re-wrap pork in convenient portions; leave roasts whole, place chops in meal-size packages, shape ground pork into patties. Put a double layer of waxed paper between chops and patties.
- Cover sharp bones with extra paper so the bones do not pierce the wrapping.
- Wrap the meat tightly, pressing as much air out of the package as possible.
- Label with the name of the pork cut and date.
- Freeze at 0° F or lower.



## Defrosting and Thawing Pork

The best way to defrost pork is in the refrigerator in its wrapping.

Small Roast	3-5 hours per pound
Large Roast	4-7 hours
One-Inch Thick Chop	12-14 hours
Ground Pork	estimated by package thickness

### Can I use my microwave to defrost pork?

- Follow the microwave manufacturer's guidelines for defrosting meat. Cook meat immediately after microwave-thawing.

### Can I cook partially thawed pork?

- It is safe to cook frozen or partially-frozen pork in the oven, on the stove, or on the grill without defrosting it first; the cooking time may be about 50% longer. Use a meat thermometer to check for doneness. Do not cook frozen pork in a slow cooker.

### Can pork be refrozen if it has thawed?

- Once the food is thawed in the refrigerator, it is safe to refreeze it without cooking, although there may be a loss of quality due to the moisture lost through defrosting.











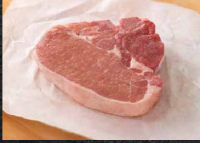

# Purchasing Pork:

## How to Identify Pork Cuts

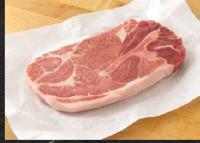






pork.org/purchasingpork





### LOIN

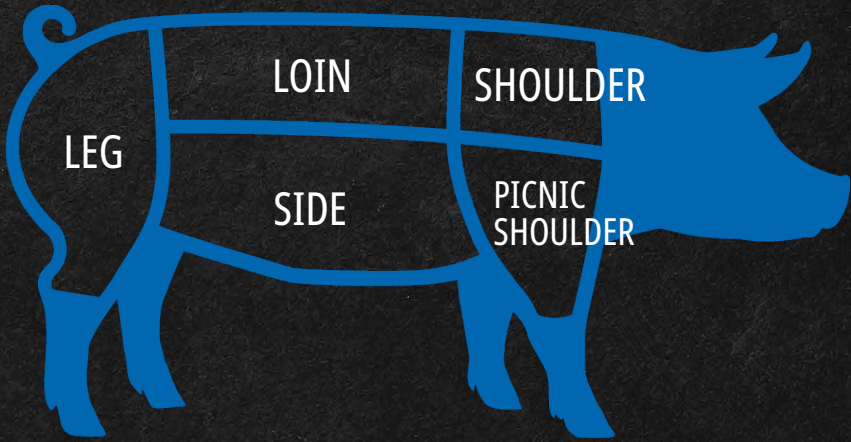
Rack of Pork  □△	Pork Back Ribs  ■○△	New York Pork Roast or Top Loin Roast  □△	New York Pork Chop  ●■□
Country-Style Ribs, bone-in  ■○△	Sirloin Tip Roast, boneless  □△	Ribeye Pork Chop  ●■□	Ribeye Pork Chop, boneless  ●■□
Sirloin Pork Roast, boneless  □△	Sirloin Pork Chop, boneless  ●■□	Porterhouse Pork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

### SHOULDER





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

### LEG

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





### 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 AND CUBES

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

- Sautéing
- Stewing
- Grilling/Broiling
- Braising
- Barbecuing
- Roasting/Baking

# A (NEW) PRIMER ON PORK



If you've visited the meat case at your local supermarket, you may be thinking that something is different about pork – you are right!

## MAKEOVER AT THE MEAT CASE: NEW NAMES, SAME DELICIOUS

**CUTS** To ease confusion over the various names of pork cuts, the National Pork Board and Beef Checkoff Program joined forces to make the meat case more familiar for shoppers. Several pork chop names are now aligned with beef steaks, so consumers can easily identify their favorite cuts. On the meat label, you will see the new consumer-friendly name of the cut, the cut characteristics, and a line that states the best preparation method or other helpful information.

### NEW PORK LABELING

makes it easier to identify your favorite cut by:

1. Consumer-friendly names
2. Cut Characteristics
3. Preparation Recommendations



**New York Pork Chop**  
Formerly: Top Loin Chop



**Ribeye Pork Chop, boneless**  
Formerly: Rib Chop, boneless



**New York Pork Roast**  
Formerly: Top Loin Roast



**Porterhouse Pork Chop**  
Formerly: Loin Chop, bone-in

## Pork Quality

High quality pork performs better in the kitchen. It delivers better flavor and texture for your eating experience. The quality of fresh pork is characterized by color, tenderness and marbling. Taste and preference studies show pork chops that are reddish-pink in color and have a firm texture perform consistently when cooked compared to pork cuts that are less red in color with a soft texture. Marbling can also improve pork's flavor and moisture. An ideal pork chop (color and marbling score of 3 and 4) will consist of a reddish-pink color, firm texture and enough marbling to yield a juicy, tender and flavorful eating experience every time you cook healthy with pork!

## Color Scoring



**2.0**  
Grayish pink

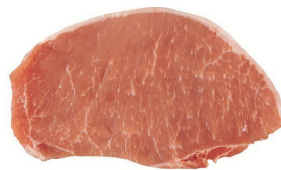


**3.0**  
Reddish pink



**4.0**  
Dark reddish pink

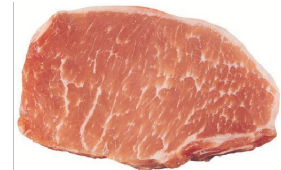
## Marbling Scoring



**3.0**



**4.0**



**5.0**

# Pork Cuts

**THERE ARE PORK CUTS FOR EVERY OCCASION. WHETHER YOU'RE CRAVING DECADENCE LIKE BELLY OR RIBS, OR SOMETHING LEAN LIKE PORK TENDERLOIN OR CHOPS, PORK'S FLAVOR GIVES LIFE TO ANY CUISINE.**

## BACON

Everything tastes better with bacon. Bacon's versatility adds bursts of flavor to a wide range of recipes and cuisines.



### How to Bake Bacon

Prep Tip: if the packaged sliced bacon is cold from the refrigerator, slowly slide the dull edge of a butter knife along the length between the strips to separate slices.

- Preheat the oven to 425° F.
- If you don't plan to save the bacon fat, line a lipped sheet pan with aluminum foil. When finished, you'll be able to easily peel the foil from the pan and discard – minimizing the mess to be scrubbed from the pan.
- Coat both sides of a cooling rack with light cooking spray and place it in the sheet pan.
- Lay strips of bacon across the width of the cooling rack.
- Bake for 20-25 minutes.
- Remove bacon from the oven. Place bacon on a plate lined with paper towel, and pat away excess grease with another sheet of paper towel.

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## HAM

Ham refers to meat from the hind leg and is typically cured and smoked. You can find boneless or bone-in hams.

Boneless hams are available in a variety of sizes and they are considered easier to cut and serve. Bone-in hams are popular and come in a variety of sizes and cuts.

A whole ham is perfect for feeding a group. When you cut a whole ham in half, you end up with two cuts - a shank end, which is easier to carve, and a butt end, which is leaner. Center slices are cut from the cross-section of either a butt or a shank.

### Cooking Tips

- Place your ham in a shallow pan and bake at 325° F for 10 minutes per pound. If your ham is partially cooked, plan on 20 minutes per pound.



# PORK CHOPS

Pork chops are the most popular cut of pork. They come from the loin, which is the meat that runs from the pig's hip to its shoulder.

## Cooking Tips

- The length of cooking primarily depends on the thickness of the chop. Some prefer thin cut chops, but others prefer the juiciness of a thick-cut chop on the bone. Thickness can vary from ½ to 2 inches.
- Bone-in chops often provide the most flavor. There is fat (flavor) found around the bone, and the bone does a lot to keep the meat from drying as it is cooked.
- For tender and delicious pork chops, prepare your cut of meat to the internal pork cooking temperature of 145° F with a 3-minute rest.

## Types of Pork Chops

Porterhouse Pork Chops are from the lower back (just behind the rib chop) and have a characteristic T-bone shape. These chops include a lot of meat as well as a bit of tenderloin meat.

Ribeye Pork Chops originate in the center of the loin in the rib area and include some back and rib bone.

Sirloin Pork Chops come from the area around the hip and often include part of the hip bone.

New York Pork Chops (sometimes called Center Cut Chops) are boneless and located above the loin chops, toward the head.

Blade Chops are cut from the beginning of the loin in the shoulder area. They often are butterflied and sold as pork loin country-style ribs.



# GROUND PORK

Ground pork is affordable, fresh, and extremely versatile, soaking up any flavor you add to it. It's available with an average lean-fat ratio of 70% lean, 30% fat, making it a great substitute for other ground meats featured in your favorite recipes.

## Cooking Tips

- Common cooking methods for ground pork include grilling and sautéing. Nothing beats that first bite into a juicy burger or the mouthwatering flavors of pork stir fry.
- Cook ground pork to 160° F or according to label directions.





## PORK BELLY

Pork Belly is the boneless cut that remains after the loin and spareribs are removed. Pork belly comes from a hog's belly or underside after the loin and spareribs have been removed.

Fresh pork belly is succulent and richly flavorful and is often served in small portions. Pork belly is at its best and is most tender when prepared using a slow cooking method, such as braising. Pork belly is a popular menu item among restaurant chefs who appreciate its versatility, flavor, and texture.

Is there anything better than bacon? It's a cut we all know and love! Did you know bacon comes from pork belly and is cured, salted, and sometimes smoked?

## Cooking Tips

- There are multiple ways to cook pork belly if you aren't going to use it to make homemade bacon.
- Common methods include roasting, smoking, and searing and can be used as the main feature or enhancement to any menu.



## SAUSAGE

Sausage is seasoned ground pork and comes from a variety of cuts including the shoulder, butt, and loin.

You can find sausage in a variety of delicious recipes! Add sausage to your menu and spice up any weeknight meal. It comes pre-seasoned and ready-to-cook or you can make your own sausage from scratch.



## Cooking Tips

- To make homemade sausage, combine ground pork with your favorite seasonings – it will absorb any flavor you throw at it.
- Popular cooking methods for pork sausage include grilling, roasting, sautéing, and stewing. When cooking sausage, cook to an internal temperature of 160° F to ensure doneness.
- To prevent the meat from sticking on the grill, use clean racks and coat them with vegetable oil or a nonstick vegetable oil spray.



# PORK RIB ROAST

Pork rib roast is also referred to as rack of pork (it also may be labeled center-cut pork loin). The cut comes from the rib area of the loin, so it contains a bit more fat, which makes it very flavorful.

The pork rib roast (or rack of pork) is the pork equivalent of a standing beef rib roast or a rack of lamb. A pork rib roast is a simpler version of a pork crown roast, which is a pork rib roast tied into a circle.

This cut makes an elegant centerpiece for a special occasion dinner. Pork rib roast is not always available in the supermarket meat case, but you can order it ahead of time by asking your meat department manager or butcher.

## Cooking Tips

- For a crisp surface on your roast, be sure the oven is fully preheated before placing the roast in it, and do not cover the meat while roasting.
- Before roasting or barbecuing the pork rib roast, it should be “frenched.”



# PORK RIBS

**Back Ribs/Loin Back/Baby Back Ribs** come from the blade and center section of the pork loin, which is known for the “finger meat” between the bones. Back ribs also are referred to as “baby” back ribs because they are smaller than spareribs.

**Spareribs** come from the belly of the hog and are known for their full flavor. These are larger and meatier than the other types of ribs.

**St. Louis Style Ribs** are a squared cut of spare ribs. These are straight and flat and work best for any recipes that require browning in a frying pan.

**Rib Tips** are the lower portion of spare ribs that remain after cutting St. Louis style ribs.

**Country Style Ribs** are cut from where the loin and shoulder meet. They’re a combination of higher fat and lean meat and are sold as slabs or individual servings – perfect for those who want to use a knife and fork instead of eating ribs off the bone.

## Cooking Tips

- Serve ribs directly from the grill or, for extra tender ribs, remove them from heat and wrap them in heavy foil.
- Place foil-wrapped ribs in brown paper bags, close the bags and let the ribs rest for up to one hour.



## PORK SHOULDER

Pork shoulder is fall-apart-tender, bursting with flavor, and can be found in a variety of recipes. Deliciously easy, know what to look for at the meat counter!

Most of us know pork shoulder for its famous finished product: pulled pork.

Pork shoulder goes by several names at the grocery store including picnic roast, Boston butt, blade roast, and pork butt. Common cooking methods for pork shoulder include braising, smoking, roasting, grilling, and slow cooking.

### Cooking Tips

- Cook pork shoulder on low for 6-8 hours or high for 4-5 hours. It's important to use a meat thermometer to make sure your pork shoulder reaches an internal temperature of 170° F.
- Remove from the slow cooker and let rest for 10-15 minutes before shredding.
- To ensure a great eating experience, cook pork shoulder to an internal temperature of 170° F.



## PORK STEAKS

Pork steaks are cut from the pork shoulder and contain the blade bone. This cut is commonly referred to as pork blade steaks.

Pork steaks are quick-cooking, popular cut perfect for backyard BBQs or something as simple as a Tuesday night dinner! Common cooking methods for pork blade steaks are braising, sautéing, and grilling!



### Cooking Tips

- If you're grilling your pork steaks, add a rub, marinade, or slather them in BBQ sauce. Simply set the steaks on a medium-hot grill and cook for five minutes on each side. It's as simple as that!
- Nothing beats the smoky aroma of the grill! Savor the flavors of a perfectly juicy pork steak and be in the moment with those you love. Gather around the table, enjoy a family meal, and create lasting memories. Happy grilling!
- Cook your pork blade steak to 145° F, followed by a 3-minute rest to ensure the maximum amount of juiciness and deliciousness!

## PORK TENDERLOIN

Pork tenderloin is just as lean as boneless, skinless chicken breast.



### Cooking Tips

- Pork tenderloin can be prepared a number of ways and is flavorful, lean, easy to cook, and is a nutritious and tasty choice.
- Pork tenderloin can be impressive with simple seasonings and roasted, grilled, sautéed, or used as an ingredient in a variety of recipes. It is a mild, lean, and tender cut that comes from the full pork loin and typically weighs around  $\frac{3}{4}$  to  $1\frac{1}{2}$  pounds.
- Cook pork tenderloin to an internal cooking temperature of 145° F, followed by a 3-minute rest.

## PORK LOIN ROAST

The pork loin roast comes from the area of the pig between the shoulder and the beginning of the leg. It is sold either bone-in or de-boned — loin roasts with a bone tend to be juicier and more flavorful but you'll need to carve around the bone to serve. Boneless pork loin roast can be rolled and tied for cooking.

The pork loin roast is also called: Center Cut Pork Roast, New York Pork Roast, Top Loin Pork Roast, or Ribeye Roast.



### Cooking Tips

- For a crisp surface on your pork loin roast, be sure the oven is fully preheated before putting the meat in and do not cover it while roasting.
- Cook pork loin roast to an internal cooking temperature of 145° F - 160° F, followed by a 3-minute rest.

## Meat Counter Basics: Pork Tenderloin vs. Pork Loin Roast

### Tenderloin

Narrow, slender cut  
Boneless  
Usually weighs about 1#  
Delicious medallions

### Loin Roast

Wider, larger cut  
Bone-in or boneless  
Usually weights 2-4#  
Juicy slices

# Cooking Techniques

Pork is a remarkably versatile and flavorful protein, making it a favorite in kitchens around the world. Its ability to absorb and complement a wide range of seasonings, along with its rich, satisfying taste, allows pork to be transformed into a culinary delight through various cooking techniques. Mastering these techniques not only enhances the flavor and texture of pork but also offers a diverse array of meal options to suit any palate or occasion.

The following list includes some of the most popular methods for cooking pork, each bringing out unique qualities in this amazing protein. The culinary world is filled with endless opportunities to experiment with and enjoy pork, allowing for creativity and innovation in the kitchen. Whether you stick to traditional methods or explore new techniques, the potential for delicious pork dishes is endless.

**Air frying** is a modern technique that uses hot air circulation to cook pork, producing a crispy exterior while keeping the inside juicy and tender.

**Grilling** pork imparts a smoky, charred flavor that is perfect for summer barbecues.

**Broiling** is an excellent method for quickly cooking pork with direct high heat from above.

The **Instant Pot** has revolutionized home cooking by drastically reducing cooking times while preserving the flavors and nutrients in pork.

**Marinating** pork before cooking infuses it with flavors and helps tenderize the meat.

**Roasting** is a traditional technique that involves cooking pork in an oven, allowing for even heat distribution.

**Sautéing** involves cooking pork quickly in a small amount of oil over high heat.

**Stir-frying** is a quick and versatile technique, perfect for creating vibrant, healthy meals.

**Slow cooking** is ideal for tougher cuts of pork, allowing the meat to break down and become tender over several hours.

**Smoking** pork imparts a deep, rich flavor that is hard to achieve with other cooking methods.

**Sous vide** is a precise cooking technique that involves vacuum-sealing pork and cooking it in a water bath at a controlled temperature.

**Stewing** is a method that involves simmering pork in a liquid over low heat for an extended period.

# Air Frying Pork

Air frying is a modern technique that uses hot air circulation to cook pork, producing a crispy exterior while keeping the inside juicy and tender. This method is perfect for those looking to enjoy fried pork dishes with less oil and fewer calories.

Overall, air frying offers a quick, easy, and healthy way to prepare delicious pork dishes with minimal effort and maximum flavor.

## How to Use an Air Fryer

- Typically it is required to preheat the air fryer, depending on the model. The desired temperature, usually between 350° F and 400° F, is normally dependent on the cut and thickness of the pork.
- Lightly coat the pork with a bit of oil or cooking spray, then season it as desired.
- Place the pork in the air fryer basket or rack in a single layer, ensuring there's enough space for air to circulate around each piece.
- Cook for the recommended time, flipping halfway through to ensure even cooking.



## Benefits

- Ease of clean-up - This is one of the major benefits of air frying. Since less oil is used, there's less grease to clean up.
- Convenience - The cooking process is relatively hands-off, allowing you to focus on preparing side dishes or simply relax while the pork cooks.
- Health advantages and other significant benefits of air frying - By using significantly less oil compared to traditional frying methods, fat and calorie content is reduced. This is a healthier option for those looking to maintain a balanced diet without sacrificing flavor and texture. It helps retain more nutrients in the pork, making it a nutritious choice for any meal.
- Timeliness - Air fryers cook food much faster than conventional ovens. The rapid cooking times ensure that you can have perfectly cooked pork on the table in a fraction of the time it would take using traditional methods, without compromising on taste or quality.

# AIR FRYER PORK MEATBALLS

[Eatpork.org](http://Eatpork.org)

Prep Time: 10 minutes

Cook Time: 18 minutes

Serves 8

## Ingredients

- 1 pound ground pork
- 1 pound pork sausage
- 1 large egg
- 1/3 cup breadcrumbs plain panko or Italian
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoon paprika
- ½ teaspoon mustard powder
- ¼ teaspoon sage
- ½ teaspoon allspice
- 1 tablespoon Worcestershire sauce
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon red pepper flakes optional



## Directions

- Combine all ingredients in a large mixing bowl, with the exception of the cooking oil.
- Using clean hands, mix the ingredients together well.
- Form meatballs slightly larger than the size of golf balls. (1 ½ to 2 inches)
- Use cooking spray to coat the air fryer trays (or basket). To ensure the meatballs don't stick to the tray lightly spray the meatballs before placing on the air fryer trays.
- Maintain spacing between meatballs to allow air flow.
- Cook meatballs for a total of 18 minutes at 375° F in the air fryer.
- Flip halfway through at the 9 minute mark using tongs.
- Check internal cooking temperature to ensure meatballs have reached 160° F.

## Broiling Pork

Broiling is the final step in plating a crispy and beautifully browned piece of meat. Achieve maximum crispiness with this cooking method!

Broiling is a great cooking method for small cuts of pork like pork chops, kabobs, and pork patties.

Typically, the broiler element is located in the top section of an oven. Direct, intense heat is produced from the element that radiates down onto the food.

The high heat from this cooking technique quickly sears the food's surface, which gives it a caramelized texture and seals in the flavor and juices.



### How to Broil Pork

- Following your desired cooking method, use a broiler to add a crispy crust to any cut.
- Before broiling, add your favorite rub or coat with salt and pepper as desired. For tougher cuts, such as a shoulder, leg, or flank steak, a marinade can help make it more flavorful and tender.
- For the perfect broiled pork, adjust the rack so the top of the meat will be about four inches from the broiler heating element.
- Broil your pork on a broiler pan. A shallow baking dish or cookie sheet will also work.
- Broil the pork for 3-18 minutes. Cooking times vary based on the cut of meat, cooking altitude, and type of broiler. Use a digital thermometer to check the temperature. Whole muscle cuts of pork should be cooked to an internal temperature of 145° F, with a 3-minute rest.



# BACON WRAPPED PORK MEDALLIONS

[Eatpork.org](http://Eatpork.org)

Prep Time: 5 minutes

Cook Time: 8 minutes

Serves 4

## Ingredients

- 1 pork tenderloin 1 to 1 1/4 pound
- 4 slices bacon
- Wooden picks
- salt and pepper

## Directions

- Cut tenderloin in 8 slices (mignons), approximately 1 1/4-inch wide each.
  - Place two slices of pork tenderloin side-by-side and wrap bacon slice around it, securing with a wooden pick.
  - Repeat with remaining pork tenderloin slices and bacon.
  - Season both sides with salt and pepper and spray lightly with cooking spray. Broil or grill per directions:
- Directions for Broiling: Pre-heat broiler to 500° F and broil the pork mignons about 4 inches from the heat source for 4-5 minutes on each side until the internal temperature is 145° F. Rest for 3 minutes before enjoying.
  - Directions for Grilling: Pre-heat grill to 400° F. Place the pork mignons directly over high heat. Grill with lid closed for 4-5 minutes on each side until the internal temperature reaches 145° F. Rest for 3 minutes before enjoying.



# Grilling Pork

Grilling pork imparts a smoky, charred flavor that goes hand-in-hand with summer barbecues. Whether it's pork chops, ribs, or tenderloin, the high heat of the grill seals in the juices and creates a delicious crust. It not only enhances the flavor of pork but also adds a delightful texture, combining a caramelized exterior with a juicy interior.

The grilling process allows for a wide range of seasoning options, from simple salt and pepper to complex marinades and spice rubs, making it easy to customize the taste to your liking.

## How to Grill Pork

- Preheat the grill to medium-high heat, around 375° F to 400° F.
- Brush the pork with a bit of oil and season it with your favorite spices or marinades.
- Place the pork on the grill and cook, turning occasionally, until it reaches the desired internal temperature.
- For pork chops and tenderloin, aim for an internal temperature of 145° F, followed by a three-minute rest.
- For ribs, cook until tender and the meat pulls away from the bones easily, usually around 195° F to 205° F.
- The best way to ensure peak deliciousness is to cook by temperature with a digital meat thermometer. Grill pork over direct, medium heat; turning once halfway through.



## Grilling Pork Tips

- Grill with a digital meat thermometer and cook whole muscle cuts to an internal temperature of 145° F (plus a 3-minute rest) and ground pork to 160° F.
- To prevent pork from sticking to the grate, scrub grates clean and coat with vegetable oil or a nonstick vegetable oil spray prior to using.
- Do not use sharp utensils that may pierce the pork when flipping, as piercing allows flavor-filled juices to escape. Use spatulas or tongs for turning.
- Frequently flipping pork on a cooler area of the grill is better than accidentally burning it on an area that is too hot.
- Sugar-based sauces (many commercial barbecue sauces) tend to burn if applied too early. Baste during the last few minutes of cooking.

# GRILLED COUNTRY STYLE RIBS

[Eatpork.org](http://Eatpork.org)

Prep Time: 15 minutes

Cook Time: 1 hour 15 minutes

Serves 6

## Ingredients

- 1 1/2 to 2 pounds boneless country-style pork ribs
- 1 1/2 cups apple cider vinegar
- 1 cup water
- 2 tablespoons vegetable oil
- 3 tablespoons brown sugar, firmly packed
- 1 tablespoon kosher salt
- 1 1/2 teaspoons crushed red pepper
- 1/2 teaspoon cayenne pepper



## Directions

- Place ribs in a large bowl or resealable plastic bag, set aside.
- In a bowl, whisk together vinegar, water, oil, brown sugar, salt, red pepper flakes, and cayenne pepper until salt is dissolved. Remove 1/2 cup marinade; set aside.
- Add remaining marinade to ribs; seal bag and marinate for 4 - 6 hours in the refrigerator.
- Remove ribs from the bag and discard the marinade.
- Grill ribs over indirect heat for 50 to 60 minutes or until pork is tender and the internal temperature reaches 160° F. Baste ribs twice with reserved sauce mixture during last 15 minutes of grilling.
- Baste ribs twice with reserved sauce mixture during last 15 minutes of grilling.

## Instant Pot

The instant pot has revolutionized home cooking by drastically reducing cooking times while preserving the flavors and nutrients in pork.

This pressure-cooking method is ideal for busy cooks who want to prepare tender, flavorful pork dishes in a fraction of the usual time.

Spend less time in the kitchen and more time around the dinner table with easy and convenient instant pot pork recipes.

There's no denying the fact that instant pots are unbelievably easy. When you don't have endless hours to cook, grab the instant pot!

### What Does an Instant Pot do?

Most instant pots can do the following:

- Pressure cook
- Slow cook
- Cook rice
- Steam
- Sauté
- Keep food warm after cooking
- Make yogurt
- Sterilize bottles
- Make cake
- Cook eggs and more!



Find the instant pot that will best fit your needs and wants and have fun cooking!

### Instant Pot Cooking Tips

- When planning total meal prep time, remember to factor in time required for the instant pot to come to pressure and to release pressure.
- Place the instant pot in an open or well-circulated area for pressure releasing.
- Use an oven mitt or wooden spoon when turning the steam release valve.
- For extra flavor, use vegetable or chicken broth instead of just water when cooking pasta, rice, or grains.
- Store the unused instant pot with the lid upside down to help the sealing ring to air out and avoid getting smelly.
- Try lots of recipes; the options are endless!

# JUICY INSTANT POT PORK RIBEYE ROAST

[Eatpork.org](http://Eatpork.org)

Serves 8

## Ingredients

### Spice Rub

- 2 tablespoons brown sugar packed
- ½ tablespoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 1 teaspoon dried thyme
- ½ teaspoon ground pepper
- ½ teaspoon dried oregano

### Sauce and Vegetables

- 2 lb. pork ribeye roast
- ¼ cup olive oil divided
- 4 cloves garlic chopped
- ½ yellow onion sliced
- ½ cup dry red wine pinot noir
- 1 cup chicken broth low sodium
- 2 sprigs fresh rosemary
- 3 large carrots chopped into 1 inch chunks
- 2 large potatoes chopped into chunks
- ½ cup balsamic vinegar
- 2 tablespoons corn starch
- 2 bay leaves



## Directions

- Mix together all dry rub ingredients in a small bowl.
- Trim fat from the roast and rub spice mixture all over the pork and set aside.
- Press sauté on Instant pot, add 2 tablespoons of olive oil followed by the onions and garlic.
- Cook for 2-3 minutes, then remove and put in a bowl for later use.
- While in sauté mode, add remaining olive oil and pork to instant pot. Sear 2-3 minutes on each side to brown the pork. Remove the pork and set aside.
- Press cancel and deglaze instant pot by adding in the wine and broth, scrape spice crumbs into wine/both mixture.
- Add onion, garlic, fresh rosemary, and bay leaves to the liquid.
- Place the metal trivet in unit and rest roast on top. Replace instant pot lid and seal.
- Set to manual high pressure for 70 minutes.
- Quick release pressure, then add in the carrots and potatoes. Replace the lid and set to manual high pressure for 3 minutes.
- Quick release again, remove roast and veggies, and place them on a serving tray. Discard rosemary twigs and bay leaves.
- Remove trivet from instant pot. Slowly add corn starch into measuring cup of balsamic vinegar. Stir to create a slurry.
- Turn on sauté feature and whisk cornstarch slurry into instant pot. Cook for 3-4 minutes or until the sauce thickens.
- Serve veggies and pork together with sauce drizzled on top.

# Marinating Pork

Marinating is the process of soaking pork in a seasoned liquid, referred to as a marinade.

A marinade aids in making the pork even more flavorful and tender. It also help to retain moisture during grilling.

What's in a marinade? Fat + Acid + Flavor

Fat examples: olive oil, sesame oil, yogurt, buttermilk, or mayonnaise.

Acid examples: apple cider vinegar, citrus juice, pickle juice, balsamic vinegar, hot sauce, or buttermilk.

Flavor examples:

- Herbs: oregano, parsley, thyme, chives, basil, cilantro, tarragon, marjoram, dill, milt.
- Seasonings: chili powder, curry, mustards, Worcestershire sauce, ginger, peppercorns, garlic.
- Sugar: ketchup, brown sugar, honey, agave, BBQ sauce, molasses, soda.



## How to Marinate Pork

- Pour all ingredients into a small mixing bowl.
- Mix well with a whisk.
- Pour marinade over the pork in a glass dish or in a ziplock bag.
- Marinate in the refrigerator for a minimum of two hours to a maximum of overnight.
- Discard the used marinade.
- Do not use marinade that has been in contact with raw pork for basting as the pork cooks.
- Cook the pork to 145° F.
- Let rest for three minutes before cutting.
- Voila! Juicy and flavorful pork!

# MARINATING -THE BEST MARINADES FOR PORK

National Pork Board

## Hawaiian Marinade

- 2 tablespoons sesame oil
- 12 oz pineapple juice
- 3 scallions
- 3 tablespoons ginger
- 3 tablespoons soy sauce
- 2 tablespoons brown sugar
- $\frac{3}{4}$  teaspoons pepper
- $\frac{1}{2}$  teaspoons salt



## Mediterranean Marinade

- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- 2 tablespoons fresh oregano
- 2 tablespoons dried oregano
- $\frac{1}{2}$  teaspoon fennel
- 1 teaspoon coriander
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

## Thai Marinade

- 1 tablespoon vegetable oil
- 1 lime, juiced
- $\frac{1}{4}$  cup cilantro
- $\frac{1}{3}$  cup soy sauce
- 3 tablespoon garlic
- 3 tablespoon brown sugar



# Roasting Pork

Roasting, very similar to baking, is a dry-heat cooking method of cooking pork in the oven in a shallow, uncovered pan, without adding liquid to the pan. It uses hot, dry air that circulates throughout, cooking the food at higher temperatures, typically 400° F or higher.

Types of foods that are commonly roasted are:

- Meats: The dry heat from roasting helps to create a tasty crust on the outside of meat while keeping the juices locked in and tenderness in check.
- Vegetables: Roasting solid vegetables such as peppers, potatoes, Brussels sprouts, and carrots is very popular because it really enhances the natural sweetness and flavors.

Naturally, pork and vegetables pair together excellently, even more so when roasted!



## Roasting Pork Tips

- Remove the pork from the refrigerator and let it set at room temperature for about 30 minutes before prepping.
- If there is a thick layer of fat on the outside, trim it to just a thin layer.
- Mix together your favorite seasoning and sprinkle all over the pork. Adjust the seasoning amount according to the size of the pork.
- Place the pork fat-side up in a roasting pan with no liquid and roast uncovered.
- Follow recipe instructions for cooking.
- Don't forget to let it rest before carving!



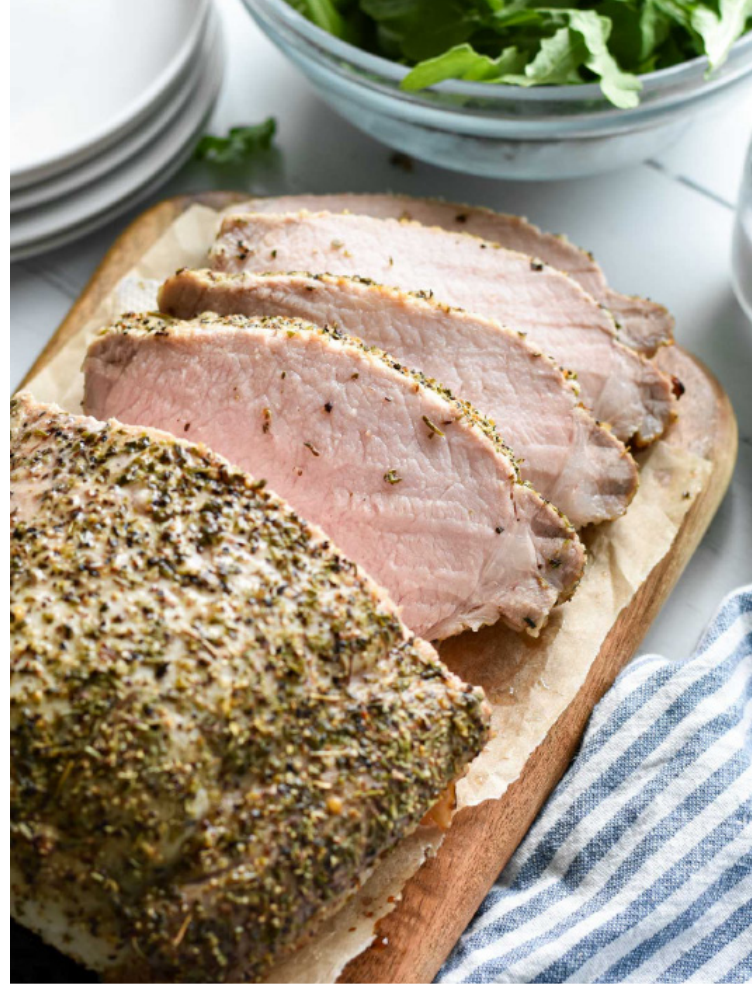
# ROAST PORK LOIN IN THE OVEN

Eatpork.org

Cook Time: 1 hour 10 minutes  
Serves 10

## Ingredients

- 1-2 pound New York (top loin) pork roast
- 3/4 cup Italian dressing
- 1 teaspoon garlic pepper
- 1 teaspoon Italian seasoning



## Directions

- Pour salad dressing into resealable plastic bag; add pork, seal and refrigerate overnight.
- Remove pork from dressing and pat dry with paper towels; discard remaining salad dressing.
- Sprinkle pork with seasonings and place in shallow pan.
- Roast at 350° F for 40 minutes to 1 hour, or until internal temperature on a thermometer reads 145° F.
- Remove roast from oven; let rest about 10 minutes. Slice and serve.



## Sautéing and Stir-Frying Pork

Sautéing is a dry-heat cooking method that doesn't require much; only a small amount of fat/oil in a hot, shallow pan and it's ready to be tossed around for a short period of time over medium to high heat. The purpose of this type of cooking is to cook smaller pieces of food, typically vegetables, so that they may become slightly browned without being overcooked or burned.

Stir-Frying is a rapid-cooking method done in a wok over very high heat. This is an ideal method of cooking quick, healthy meals.

Skip the take-out and master stir-frying from your own kitchen. You're 20 minutes away from a delicious meal bursting with flavor.



### Stir-Frying Pork Tips

- Wok — a traditional round-bottom pan — is required when stir-frying. The unique shape ensures that heat is distributed evenly, allowing for faster cooking times.
- There are multiple stir-frying methods including, the Chao technique and the Boa technique.
- Using small pieces of pork or thin strips prevents the dry and high-heat cooking method from overcooking the outside of the food before the inside is fully cooked.
- Prior to cooking the pork, make sure it is room temperature so that the cold meat does not drastically reduce the heat in the pan.
- The food should also be constantly stirred around in the pan to provide consistent cooking, hence the technique's namesake.
- You may choose to coat the pork in another material that will protect the inside while providing flavor to the dish. This can be anything from flour, breading, or batters, which when fried act as an insulator to protect the inside from direct contact with the heat.

# HAM STIR FRY WITH VEGETABLES

Eatpork.org

Prep Time: 10 minutes

Cook Time: 30 minutes

Serves 4

## Ingredients

- 12 ounces ham, cut into bite-size strips
- 1/3 cup orange juice
- 2 tablespoons soy sauce, reduced-sodium
- 1 tablespoon cornstarch
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 3 cups broccoli florets
- 2 cups frozen stir-fry vegetable blend
- 2 teaspoons sesame seeds, toasted



## Directions

- For sauce, combine orange juice, soy sauce, cornstarch, ginger, and garlic powder in a small bowl. Set aside.
- Pour vegetable oil into a large skillet or wok. Heat over medium-high heat.
- Add broccoli and frozen peppers to skillet. Cook and stir about 3 minutes or until vegetables are just tender; remove vegetables from skillet.
- Add ham to skillet; cook and stir about 1 minute or until heated through.
- Push the ham to edges of skillet.
- Stir the sauce mixture and pour into the center of the skillet. Cook and stir until thickened.
- Return vegetables to the skillet and stir until heated through.
- Sprinkle with sesame seeds.

# Slow Cooking Pork

Slow cookers are also known as crock pots. These appliances set on the countertop that use low and moist heat to cook food for several hours.

The ease and convenience of using a slow cooker is beyond amazing - add all the ingredients in the morning before work or school, set on low, then leave for the day. When you walk in the house, the delicious aromas will be dancing through the hallways.

These powerhouses are inexpensive, economical to use, and perfect for busy weeknights.

Come home at the end of the day to a delicious, ready-to-eat meal with the best crockpot pork recipes. Spend less time in the kitchen and let your slow cooker do the work!



## Slow Cooking Pork Tips

- If you're short on time in the morning, peel and chop food, store in air tight containers, and store in refrigerator the night before.
- Add in all the ingredients into the slow cooker (unless the recipe says otherwise) and mix well.
- Don't add in too much liquid, as it won't evaporate.
- Fill the slow cooker half to two-thirds full to avoid leaking out the top in the instance it is too full.
- Use flour to thicken sauces at the beginning or end of the cooking process.
- Cook on slow as much as possible. Low and slow really helps bring out the flavor.
- Keep the lid on firmly as to not allow any steam to escape and to keep moisture in.
- Follow recipe instructions on how long to cook the dish.
- Enjoy!

# SWEET SOUTHERN SLOW COOKER HAM

Eatpork.org

Prep Time: 20 minutes

Cook Time: 8 hours

Serves 12

## Ingredients

- 1 bone-in fully-cooked ham, about 5 1/2 pounds
- 1 cup apple cider
- 2/3 cup dark brown sugar
- 1/3 cup bourbon
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 4 sprigs fresh thyme



## Directions

- Place the ham in a large slow cooker.
- In a small bowl, whisk together the cider, brown sugar, bourbon, honey, and mustard; slowly pour over the ham.
- Scatter the thyme sprigs into the slow cooker.
- Cook on high for 4 hours or on low for 8 hours, or until very tender.
- Remove ham to rest on a cutting board.
- Pass the remaining cooking liquid through a fine mesh sieve into a saucepan. Simmer for 10 minutes or until slightly reduced.
- Cut the ham into chunks and brush the cut pieces with the cooking liquid before arranging on a platter.

# Smoking Pork

There are many ways to do smoked pork whether you're a novice or artisan. Delicious, smoky pork can be prepared on a pellet grill, charcoal grill, in your preferred dedicated smoker, or even on a gas grill (many modern gas grills come equipped with a metal smoker box that sits on top of a dedicated burner).



The most popular pork cuts to smoke are pork shoulder, pork loin, pork chops, pork belly, and pork ribs.

There are three methods of smoking meat: cold smoking, smoke roasting or hot smoking. Hot smoking is the most commonly used method and exposes the meat to both heat and smoke, cooking it and giving it flavor at the same time.

## How Long to Smoke Pork?

PORK CUT	TOTAL COOK TIME	SMOKER TEMP	FINISHING NOTES
Loin back ribs	3 - 5 hours	225 - 250° F	***
St. Louis style ribs	5 - 7 hours	225 - 250° F	***
Spareribs	5 -7 hours	225 - 250° F	***
Pork butt/Picnic/ Whole shoulder	1.25 hours/lb.	195 - 200° F	Cook to internal temperature of 185 -190° F - bone will easily slip from meat.
Pork loin	1.5 hours	225 - 250° F	Cook to internal temperature of 140° F -let rest in warm place for 10 minutes until temperature reaches 145° F.
Pork chops	45 min. - 1 hour	225 - 250° F	Grill-mark pork prior to smoking; cook to internal temperature of 145° F, followed by a 3-minute rest.
Pork belly	4 hours for smoke; wrap & cook for 3 more hours	225 - 250° F	Cook to internal temperature of 190° F or until meat is fork-tender when pierced by skewer.
	*** Cook times will vary depending on thickness of the cut used.		

# SMOKED PORK BUTT

National Pork Board/Yummly

Cook Time: 1 hour

Serves 4

## Ingredients

- 1 pork butt (whole, trimmed, approximately 5 pounds)
- 2 1/2 teaspoons kosher salt (1/2 teaspoon per pound of pork)

### Smokehouse Rub:

- 1/4 cup paprika
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 tablespoon onion powder
- 1 tablespoon ground rosemary
- 1 tablespoon garlic powder
- 1 tablespoon coarse ground black pepper
- 1 tablespoon ginger powder
- 1 teaspoon cayenne pepper



## Directions

- Trim any extra fat on the surface of the pork butt to a thickness of 1/4 inch.
- Season the pork butt evenly with salt.
- Place the pork butt in the refrigerator overnight to salt cure.
- Pre-heat your smoker to 225° F or create a 2 zone/indirect cooking set-up on your kettle grill. An indirect cooking set-up is created by placing the coals on one half of the grill and placing the meat on the opposite half of the grill. Adjust the dampers to control the heat. Once you have reached 225° F, add a 4-ounce piece of wood to your coals. Watch your thermometer on the grill and adjust the dampers to keep that heat consistently at 225° F.
- Lightly wet the surface of the pork butt with water and season evenly with 1/3 cup Smokehouse Rub.
- Place the pork butt in the smoker and smoke for about 8 to 12 hours. Start checking the internal temperature every hour after hour eight.
- When the internal temperature reads 185° F, pull and wrap the pork butt in foil and let rest in smoker for an additional hour. The internal temperature should have reached 190° F.
- Unwrap the pork butt and pull the meat for serving. You can season the pulled pork with additional Smokehouse Rub and your favorite sauce.
- SMOKEHOUSE RUB: In a mixing bowl, thoroughly combine the ingredients. Put the prepared rub in a shaker for applying.

# Sous Vide Pork

Sous Vide cooking is accomplished by heating pork with water.

Using sous vide technology will help you cook perfectly tender pork time after time!

Sous vide allows precise control of tenderizing and cooking meat, removing the room for error in more traditional methods.

## Pros of Sous Vide Cooking

Food quality is the biggest benefit of sous vide cooking.

Sous vide cooking is versatile; you can cook so much more than pork using this method.

Because of the precision temperature control, your sous vide pork will be juicy, tender, and full of flavor every time. Don't worry about forgetting your pork on the grill or in the oven; just set the temperature on your sous vide cooker, put the pork in, and let it reach a perfect 145° F without the fear of overcooking.



## Cons of Sous Vide Cooking

It takes longer to use this cooking method since the water doesn't go above a specific temperature.

Most recipes require the meat to be finished off in a pan to sear it.

A sous vide cooker can be costly.

## How Sous Vide Works

- Pork is placed in a vacuum-sealed bag (a zip bag can be used in place of a vacuum-sealed bag. Simply seal up the bag with the exception of about an inch, place it in the water, and the water will push out all the air, then you can finish sealing it up).
- The bag is placed in a temperature-regulated water bath.
- The food cooks evenly as it is submerged in water instead of air.
- Since the water stays at a specific temperature, there's no need to worry about overcooking the pork.
- Equipment needed is an immersion circulator, which is placed in a pot filled with water.



# SOUS VIDE PORK TENDERLOIN

National Pork Board

## Ingredients

- Pork Tenderloin
- Salt
- Pepper
- 2 tablespoons olive oil, divided

## Directions

- Set up sous vide device.
- Set temperature to 144° F.
- Turn on sous vide device.
- Remove silver skin on pork tenderloin.
- Season pork tenderloin with salt and pepper.
- Place tenderloin in bag.
- Add olive oil to bag.
- Seal up bags
- When water is ready, submerge tenderloin into the water.
- Attached the bag to the side of the pot to keep in place.
- Start 90-minute timer.
- When time is up, remove tenderloin from water bath.
- Remove tenderloin from the bag and place on a cutting board or plate.
- Pat the tenderloin dry with a paper towel.
- Heat 1 tablespoon olive oil in a skillet.
- Add in tenderloin and sear on medium-high heat for 30 seconds on each side.
- Internal temperature should be 145° F.
- Rest for three minutes before cutting.
- Enjoy!



# Stewing Pork

Stewing pork is the process of preparing a meal in one pot, all while retaining the maximum nutritional content of the liquids and solids the food is prepared in. This “low and slow” method of cooking is generally used for tougher cuts of meat. Stewing pork makes these cuts more tender and palatable.

Stewing involves simmering until the pork and vegetables are tender and has reached the desired consistency.

Stews can be prepared on the stovetop, in the oven, or in slow cookers/crockpots.

Warm yourself up (and fill yourself up) with nutritious, hearty pork stews!



## Stewing How-Tos

- Cut pork into cubes.
- Brown cubed pork in oil (this adds flavor).
- Add broth, herbs, and seasonings, stir well, and simmer for an hour.
- Stir in remaining ingredients and cook until tender.
- If the pork cut has a bone, toss that in too! The bone adds extra flavor, just remember to pull it out before serving.
- Thicken the stew and serve hot.
- Stew makes great leftover meals!

# EASY PORK POZOLE

Eatpork.org

Cook Time: 3 hours

Serves 12



## Ingredients

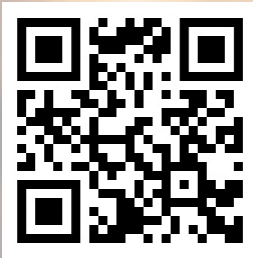
- 4 pounds boneless pork shoulder cut into 1-inch cubes
- 1 tablespoon salt
- 1 large white onion sliced
- 8 cloves garlic chopped
- 2 tablespoon olive oil
- 2 (25 ounce) cans white hominy, rinsed and drained
- 3 bay leaves
- 1 tablespoon dried oregano Mexican oregano if available
- 1 teaspoon cumin ground
- 2 teaspoons ancho chili powder
- 4 chipotle peppers in adobo sauce (stems and seeds removed)
- 2 whole cloves
- 1 (14.5 ounce) jar fire roasted tomatoes with juice

## Garnishes

- hot sauce
- shredded cheese
- red pepper flakes
- 1 bunch red radishes thinly sliced
- 1 bunch fresh cilantro chopped
- 2 avocados chopped
- ½ small cabbage thinly sliced
- ½ white onion chopped
- 4 limes, quartered
- tortilla chips

## Directions

- Fill a large (10-12 quart) stockpot with approximately 5 quarts of water and heat to a boil.
- In a separate large sauté pan, heat 1-2 tablespoon of olive oil. Make sure to evenly coat the bottom of the pan.
- Cut pork shoulder into 1-inch cubes, toss with salt.
- Place pork in heated sauté pan and brown. Stir often to keep from sticking to the pan.
- As the pork shoulder browns add in onion and garlic. Cook for additional minute.
- Transfer the pork into the large stockpot of boiling water. Scrape garlic and onions from sauté pan, add to stockpot for additional flavor.
- Add canned hominy, bay leaves, oregano, cumin, and salt to the stock pot.
- Bring to a simmer on medium-high heat. Skim off any foam and then reduce heat, cook for 15 minutes.
- Blend in chili powder, chipotle peppers, cloves and tomatoes.
- Cover and simmer for 2-3 hours until pork is completely tender.
- As soup is simmering, prepare garnishes.



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