Roast/Bake: At 350°F. unless otherwise noted. Roast in a shallow pan, uncovered.

**Broil:** 4-5 inches from heat. Turn halfway through cooking time.

Grill: Over direct, medium heat; turn once halfway through grilling.

Barbecue: Over indirect medium heat (about 325°F.) unless otherwise noted.

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

Braise: Sear over medium-high heat in a little oil until evenly browned. Add liquid halfway up sides. Bring to boil; cover and simmer until tender.

Stew: Cook, covered, with liquid at a slow simmer.

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

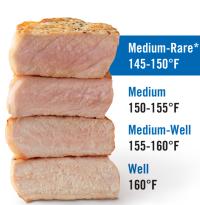
PORK CHOPS, 3/4 INCH THICK	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
New York (Top Loin) Chop Ribeye (Rib) Chop Sirloin Chop	8-12 min.	8-12 min.	6-10 min.	- 145°-160°F
Porterhouse (Loin) Chop Ribeye (Rib) Chop Sirloin Chop	8-12 min.	10-16 min.	8-12 min.	— 145 -160 F
PORK ROASTS	ROAST/BAKE	BARBECUE	BRAISE	COOK TO
Fresh Log/Upoured Hom, bone in (1C 17 lb)	1E min nor lh			1450 16005

PORK ROASTS		ROAST/BAKE	BARBECUE	BRAISE	COOK TO
Fresh Leg/Uncured Ham, bone-in (16-17 lb.)		15 min. per lb.			145°-160°F
Blade (Shoulder) Roast	3-4 lbs.	33-03 IIIII. pei Ib.	45-75 min. per lb.	2-21/2 hrs.	Tender <sup>†</sup>
	5-6 lbs.		30-45 min. per lb.		
New York (Top Loin) Roast Sirloin Roast Pork Loin Center Roast	2 lbs.	26-28 min. per lb.	20-26 min. per lb.		
	3-5 lbs.	20-25 min. per lb	12-15 min. per lb.		145°-160°F
Crown Roast (10 lbs.)		12-15 min. per lb.			145 -100 F
Rack of Pork (4-5 lbs.)		25-40 min. per lb.			

PORK RIBS	ROAST/BAKE	BARBECUE	BRAISE	COOK TO
Back Ribs (1½-2 lb. rack)	1½-2 hrs.	1½-2 hrs.	1¼-1½ hrs.	
Country-Style Ribs (3-4 lbs.)	1-1¼ hrs.	45 min 1 hr.	30-35 min.	Tender <sup>†</sup>
Spareribs (St. Louis Style) (3½-4 lb. rack)	1½-2 hrs.	1½-2 hrs.	1¼-1½ hrs.	

TENDERLOINS	ROAST/BAKE	BROIL/GRILL	BRAISE	COOK TO
Loin Cubes/Kabobs (1 inch)		8-10 min.	8-10 min.	Tender
Tenderloin (1-1½ lbs.) roast at 425° F.	20-35 min.	20-30 min.		145°-160°F

OTHER CUTS	ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Blade Pork Steak (¾-inch)		10-12 min.	10-16 min.	11-12 min.	Tender <sup>†</sup>
Cutlets (½ inch)			3-4 min.	3-4 min.	render
Ground Pork Patties (½ inch)		8-12 min.	8-11 min.		160°F
Ham, fully cooked (5-6 lbs.)	20 min. per lb.				140°F



 $\dagger$ Tender designation is for small cuts that are difficult to test with a thermometer, and large cuts that cook slowly at low temperatures. Ground pork, like all ground meat, should be cooked to  $160^{\circ}$ F.



<sup>\*145°</sup>F with a 3 minute rest provides the optimal eating experience, and is the minimum safe internal cooking temperature provided by USDA's Food Safety and Inspection Service.