




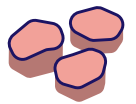

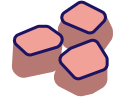


Pork braising

*Apply a 3-minute resting period after the target internal temperature is reached.


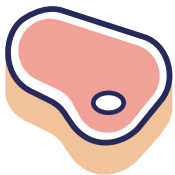
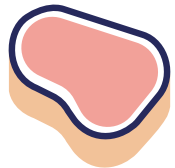
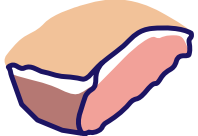
		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)
	Ribs	Spareribs (St. Louis style)	Tender	2.75 to 3.50 hours until tender
		Pork Back Ribs		
		Country-Style Ribs		67 to 78 min until tender
	Loin Chops (Bone-In)	Ribeye (Rib) Pork Chop	63°C to 71°C	18 to 27 min
		Porterhouse (Loin) Pork Chops		
		Sirloin Pork Chop		
	Loin Chops (Boneless)	Ribeye (Rib) Pork Chop	63°C to 71°C	13 to 22 min
		New York (Top Loin) Pork Chop		
		Sirloin Pork Chop		
	Shoulder	Blade (Boston) Pork Roast	Tender	4.75 to 5.50 hours until tender
		Arm (Picnic) Pork Roast		67 to 73 min/kg until tender
		Arm (Picnic) Pork Roast		58 to 65 min/kg until tender
	Pork Belly	1 to 1.35 kg	Tender	1.5 hr/kg until tender
	Tenderloin Medallions	1.5cm	Tender	18 to 22 min until tender
	Cutlets	1.5cm	Tender	7 to 9 min until tender
	Loin Cubes	2.5cm	Tender	18 to 22 min until tender



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Pork barbecuing

*Apply a 3-minute resting period after the target internal temperature is reached.

		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)
 Ribs	Spareribs (St. Louis style)	1.6 to 1.8 kg/rack	Tender	2.75 to 3.50 hours until tender
	Pork Back Ribs	0.7 to 0.9 kg/rack		3.50 to 4.75 hours until tender
	Country-Style Ribs	1.35 to 1.8 kg		1.5 to 2.25 hour until tender
	Whole Pork Loin (Boneless)	3.6 to 4 kg	63°C to 71°C	18 to 33 min/kg
		4.5 kg		29 to 36 min/kg
 Loin Roast (Bone-In)	Sirloin Pork Roast	0.9 kg	63°C to 71°C	45 to 58 min/kg
		1.35 to 2.25 kg		30 to 38 min/kg
	Ribeye (Center Rib) Pork Roast	0.9 kg		49 to 51 min/kg
		1.35 to 2.25 kg		30 to 38 min/kg
 Loin Roast (Boneless)	Pork Loin Center Roast	0.9 kg	63°C to 71°C	45 to 58 min/kg
		1.35 to 2.25 kg		27 to 33 min/kg
	New York (Top Loin) Pot Roast	0.9 kg		45 to 58 min/kg
		1.35 to 2.25 kg		27 to 33 min/kg
	Sirloin Pork Roast	0.9 kg		45 to 58 min/kg
		1.35 to 2.25 kg		27 to 33 min/kg
 Blade (Shoulder) Pot Roast		1.35 to 1.8 kg	Tender	1.5 to 1.75 min/kg
		2.25 to 2.7 kg	Tender	1 to 1.5 hr until tender



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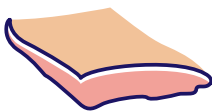
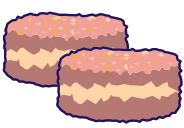
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Pork roasting/baking

*Apply a 3-minute resting period after the target internal temperature is reached.

Pork roasting/baking		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)	
	Ribs	Spareribs (St. Louis style)	1.6 to 1.8 kg/rack	Tender	3.5 to 4.75 hours until tender
		Pork Back Ribs	0.7 to 0.9 kg/rack	Tender	3.5 to 4.75 hours until tender
		Country-Style Ribs	1.35 to 1.8 kg	Tender	2 to 2.75 hours until tender
	Loin Roast (Boneless)	New York (Top Loin) Pork Roast	0.9 kg	63°C to 74°C	58 to 62 min/kg
		Sirloin Pork Roast			
	Shoulder		1.35 to 2.7 kg	135°C	120 to 190 min/kg until tender
	Ham, Fully Cooked		2.25 to 2.7 kg	60°C	45 min/kg
	Pork Belly		1 to 1.35 kg	100 min/kg, at 163°C, and brown for 30 min at 232°C	1 to 1.35 kg
	Stuffed Pork Loin Chops		3 to 3.8 cm	74°C	Differs based on stuffing




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Pork sauteing

*Apply a 3-minute resting period after the target internal temperature is reached.

		Thickness/ Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)
	Blade Pork Steak	2cm	63°C to 71°C	22-35 min
	Cutlets	1.5cm	Tender	7-9 min
	Ground Pork Patties	1.5cm	71°C	18-24 min
	Ham Steaks	1.5cm	60°C	13 min
	New York (Top Loin) Pork Chop	2cm	63°C to 71°C	18-27 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Porterhouse (Loin) Pork Chop	2cm	63°C to 71°C	22-35 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Tenderloin Medallions	1.25-2.5cm	Tender	9-18 min



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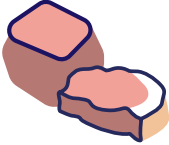



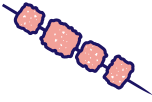

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Pork broiling/grilling

*Apply a 3-minute resting period after the target internal temperature is reached.

		Thickness/ Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)
	Blade Pork Steak	2cm	Tender	22-27 min
	Chops (Boneless)	New York (Top Loin) Pork Chop	63°C to 71°C	18-27 min
		3.75cm		27-49 min
		Ribeye (Rib) Pork Chop		18-27 min
		Sirloin Pork Chop		
	Ham steaks, bone-in	Porterhouse (Loin) Pork Chop	63°C to 71°C	18-27 min
		Ribeye (Rib) Pork Chop		27-49 min
		Sirloin Pork Chop		18-27 min
	Ground Pork Patties	1.5cm	71°C	18-27 min
	Ham steaks, bone-in	1.5cm	60°C	18-27 min
	Loin Kabobs	2.5cm cubes	Tender	18-22 min
	Tenderloin	2.5-3.75cm	63°C to 71°C	44-67 min



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