

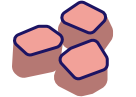


Pork braising

*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	1.25-1.5 hours until tender
		Pork Back Ribs		30-35 minutes until tender
		Country-Style Ribs		
	Loin Chops (Bone-In)	Ribeye (Rib) Pork Chop	145°F-160°F	8-12 minutes
		Porterhouse (Loin) Pork Chops		
		Sirloin Pork Chop		
	Loin Chops (Boneless)	Ribeye (Rib) Pork Chop	145°F-160°F	6-10 minutes
		New York (Top Loin) Pork Chop		
		Sirloin Pork Chop		
	Shoulder	Blade (Boston) Pork Roast	Tender	2-2.5 hours until tender
		Arm (Picnic) Pork Roast		30-33 min. each pound until tender
		Arm (Picnic) Pork Roast		26-29 min. each pound until tender
	Pork Belly	2.5-3 pounds	Tender	40 minutes each pound until tender
	Tenderloin Medallions	1/2-inch	Tender	8-10 minutes until tender
	Cutlets	1/2-inch	Tender	3-4 minutes until tender
	Loin Cubes	1-inch	Tender	8-10 minutes until tender


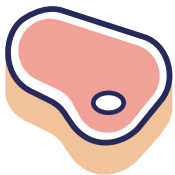
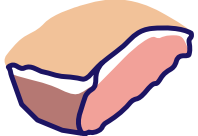


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Pork barbecuing

*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)	3.5-4 pounds per rack	Tender	1.25-1.5 hours until tender
	Pork Back Ribs	1.5-2 pounds per rack		1.5-2 hours until tender
	Country-Style Ribs	3-4 pounds		45 minutes-1 hour until tender
	Whole Pork Loin (Boneless)	8-9 pounds	145°F-160°F	8-9 minutes for each pound
		10 pounds		6-7 minutes for each pound
 Loin Roast (Bone-In)	Sirloin Pork Roast	2 pounds	145°F-160°F	20-26 minutes for each pound
		3-5 pounds		14-17 minutes for each pound
	Ribeye (Center Rib) Pork Roast	2 pounds		22-23 minutes for each pound
		3-5 pounds		14-17 minutes for each pound
 Loin Roast (Boneless)	Pork Loin Center Roast	2-pounds	145°F-160°F	20-26 minutes for each pound
		3-5 pounds		12-15 minutes for each pound
	New York (Top Loin) Pot Roast	2 pounds		20-26 minutes for each pound
		3-5 pounds		12-15 minutes for each pound
	Sirloin Pork Roast	2 pounds		20-26 minutes for each pound
		3-5 pounds		12-15 minutes for each pound
 Blade (Shoulder) Pot Roast		3-4 pounds	Tender	45-47 minutes for each pound
		5-6 pounds	Tender	30-45 minutes until tender



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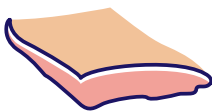
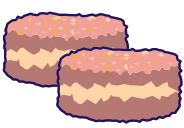
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FoodDocs

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Pork roasting/baking

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







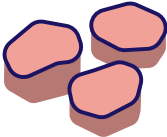
Pork roasting/baking		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)	
	Ribs	Spareribs (St. Louis style)	3.5-4 pounds per rack	Tender	1.5-2 hours until tender
		Pork Back Ribs	1.5-2 pounds per rack	Tender	1.5-2 hours until tender
		Country-Style Ribs	3-4 pounds	Tender	1-1.25 hours until tender
	Loin Roast (Boneless)	New York (Top Loin) Pork Roast	2 pounds	145°F-160°F	26-28 minutes for each pound
		Sirloin Pork Roast			
	Shoulder		3-6 pounds	275°F	55-85 minutes for each pound until tender
	Ham, Fully Cooked		5-6 pounds	140°F	20 minutes for each pound
	Pork Belly		2.5-3 pounds	45 minutes for each pound, at 325°F, and brown for 15 minutes at 450°F	
	Stuffed Pork Loin Chops		1.25-1.5-inch	165°F	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	3/4-inch	145°F-160°F	10-16 min
	Cutlets	1/2-inch	Tender	3-4 min
	Ground Pork Patties	1/2-inch	160°F	8-11 min
	Ham Steaks	1/2-inch	140°F	6 min
	New York (Top Loin) Pork Chop	3/4-inch	145°F-160°F	8-12 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Porterhouse (Loin) Pork Chop	3/4-inch	145°F-160°F	10-16 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Tenderloin Medallions	1/4-1/2-inch	Tender	4-8 min.


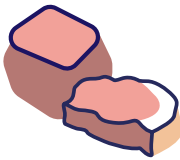



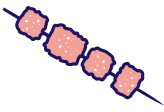



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Pork broiling/grilling

*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	3/4-inch	Tender	10-12 min
	Chops (Boneless)	New York (Top Loin) Pork Chop	145°-160°F	8-12 min
		1.5-inch		12-22 min
		Ribeye (Rib) Pork Chop		8-12 min
		Sirloin Pork Chop		
	Ham steaks, bone-in	Porterhouse (Loin) Pork Chop	145°-160°F	8-12 min
		1.5-inch		22-35 min
		Ribeye (Rib) Pork Chop		8-12 min
		Sirloin Pork Chop		
	Ground Pork Patties	1/2-inch	160°F	8-12 min
	Ham steaks, bone-in	1/2-inch	140°F	6 min
	Loin Kabobs	1-inch cubes	Tender	8-10 min
	Tenderloin	1-1.5 lbs	145°-160°F	20-30 min



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