

# Select & Cook Pork

## Pork

### Leg

Whole	R
Shank	R
Butt	R
Leg Steak	S
Ham	C
Prosciutto	C

### Spareribs

Spareribs	F
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### Loin

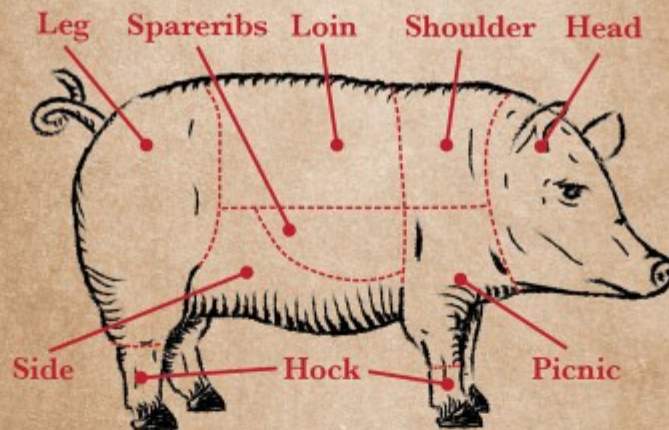
Blade	R
Center Cut	R
Rack	R
Sirloin	R
Tenderloin	R
Top	R
Back Ribs	Ri
Country Ribs	Ri
Sopressata	C
Lardo	C

### Shoulder

Blade Steak	S
Boston Butt	R
Roll	C
Coppa	C

### Head

Head	M
Jowl	S
Guanciale	C



### Side

Bacon	R
Belly	R
Pancetta	C

### Hock

Hock	M
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### Picnic

Picnic	R
Shoulder	R
Picnic Ham	C

### Feet

Feet	M
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### Innards

Heart	M
Kidney	M
Liver	M
Spleen	M
Stomach	M
Tongue	M

Braise/Slow Cook  
 Roast  
 Pan Fry  
 Grill  
 Simmer (Stock)  
 Cut can contain bone  
 R - Roast   S - Steak or Chop   Ri - Ribs   C - Cured or Smoked   M - Miscellaneous

## What to look for....

Pork IS the other white meat. I love pork and so should you. It's sweet and delicious Depending on the cut pork can be roasted, broiled, grilled, poached or braised. Ham comes from the leg of a pig. The tenderest pieces of pork or any animal come from the area where the animal does the least amount of physical labor.

Fresh pork should be moist and firm to the touch. The loin should be pale with tinge of some pink. The loin is best cut really. Check out the below chart for your porking needs.

### Cut of PORK

### Cooking Method

Fresh ham	Roast, braise, simmer, broil, panfry
Fresh ham, skinned	Range from bland to salty to firm to tender
Fresh ham, boneless, tied	Roast, braised
Belly	Sauté, panfry, simmer
Shoulder	Roast, braise, simmer, broil, panfry
Loin	Roast, braise, panfry
Loin, center cut	Roast, braise, panfry, sauté, braise, grill
Tenderloin	Roast, braise, grill, panfry, sauté
Spareribs	Braise, smoke, broil, grill
Loin back ribs	Braise, smoke, broil, grill
Loin, country style ribs	Braise, broil, grill
Diced pork	Braise, simmer, sauté
Ground pork	Roast, sauté, panfry

## Cooking / Serving Temperatures

<b>Roasts, Steaks &amp; Chops</b>	140° to 145°F Pale pink center	
<b>Sausages</b>	*	160°F No longer pink
<b>Ham Raw</b>	*	160° F 70° C
<b>Ham Cooked</b>	140° F 60° C	