



The Ultimate Guide to
PORK
COOKING & BEYOND



A CUT ABOVE

COMMON CUTS OF PORK

Loin: tenderloin, pork chops, baby back ribs

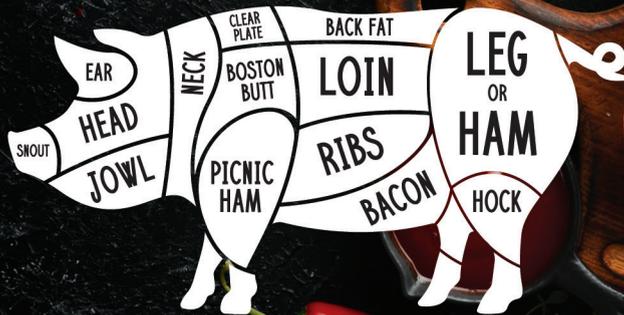
Ribs: spare ribs

Belly: bacon, pork belly

Rump: ham, leg roast

Boston Butt: shoulder roast, blade steak

Picnic Ham: arm roast, riblets





WHY TO INCLUDE PORK ON YOUR PLATE

DID YOU KNOW?

Pork is low in sodium and is a good source of potassium? These things together can help regulate blood pressure! In fact, pork tenderloin and pork sirloin roast are American Heart Association Heart-Check Certified.¹



1 Serving = 3 oz

Key Nutrients Found in Pork²

% of daily values found in each 3oz serving of pork!

- 5% Iron
- 6% Magnesium
- 8% Vitamin B12
- 11% Potassium
- 14% Zinc
- 19% Riboflavin
- 20% Phosphorous
- 37% Niacin
- 37% Vitamin B6
- 54% Thiamin

24g
PROTEIN

3 oz
*about the size of
a closed fist*



Pork Loin
165 CALORIES

Pork Sirloin
173 CALORIES

Pork Tenderloin
122 CALORIES

¹: Heart-Check Certification, American Heart Association

²: USDA Agricultural Research Service

HOW TO SELECT PORK



When shopping for pork you may be overwhelmed by choices. Follow these general guidelines to make your trip to the store less stressful.

- Meat will and should appear grayish-pink in color, but not pale.
- The package should be cold, firm, and have no tears or holes. Some liquid in the package is normal.
- For the best flavor, choose meat that has small specks of fat, called marbling.



KNOW YOUR LABELS:

1. **Antibiotic-Free/Raised Without**

Antibiotics: All pork found in grocery stores is naturally antibiotic-free as withdrawal periods are observed if any antibiotics have been used. If any animal is given antibiotics during its lifetime, there is a strict withdrawal period before it can be processed. Raised without antibiotics indicates that no antibiotics were given to treat sickness during the animals lifetime.

2. **No Added Hormones:** All animals contain natural hormones. This label means that pigs were not given supplemental hormones as they were raised. All pork falls into this category as federal regulations prohibit the use of added hormones in pork production.

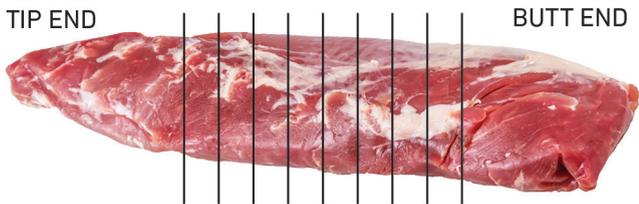
3. **Organic:** Animals are fed 100% organic feed and forage and not administered antibiotics or hormones at any point during their lifetime. Organic does not indicate that the pork has any safety or nutritional attributes higher than conventional pork.



BREAKING IT DOWN: PORK LOIN

Stretch a dollar further: Learn how to turn a single loin into delicious roasts and juicy chops. It is simple, satisfying, and seriously smart.

STEP
1-3



STEP
4



FAJITA CUT



KABAB CUT



INSTRUCTIONS:

1. Begin by inspecting the loin to see whether any fat needs to be trimmed and removed with a sharp knife. Once trimmed, lay the pork loin horizontally on the cutting board.
2. Starting from the left tapered end, measure approximately 4-5" towards the center and cut. Repeat on the right side: Measure approximately 4-5" from the end and make a cut. These end pieces of the pork loin are roasts.
3. Using the center of the pork loin that remains after removing the roasts, begin cutting chops. Chops can be cut based on preferred thickness. For thinner, sandwich-style chops, aim for ½" thick slices. For standard grilling chops, aim for 1" thick slices. Or mix and match! This should yield approximately 12 ½" chops or 6 1" chops, depending on the size of the original pork loin.
4. The two end roasts can be used as-is for pot roast or can be cubed into 1½" to 1¼" pieces for stew or stir fry or sliced into ¼" strips for fajitas.



STORING PORK IN THE FREEZER

Purchasing pork in bulk from a local farmer is the best way to ensure your family stays stocked up! Typically, a quarter, a half, or a whole hog can be purchased to be kept in a freezer and used as needed.

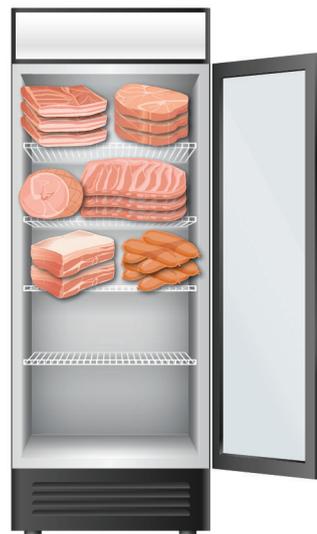
When buying pork from the store, pork can be frozen in its original packaging for up to 2 weeks. If you want to extend the freezer life of pork, place it in a plastic freezer bag or wrap in heavy-duty aluminum foil.



For a quarter share, expect around 35 lbs. of meat



For a half share, expect around 70 lbs. of meat



For a whole share, expect around 140 lbs. of meat

**The approximate weight will vary.*

STORING PORK AT HOME

At home: Refrigerate or freeze your pork immediately.

When storing pork in the refrigerator, place it on the lowest shelf possible on a plate to prevent any potential juices from leaking.

Ground pork should be used within 1-2 days. Chops, tenderloin, and roasts within 2-4 days. Bacon within 5-7 days. Sausage, hot dogs, and deli meat within 7 days of being opened.

Thawing frozen pork: Never thaw it at room temperature or in warm water. The best way to thaw frozen pork is to place it in the refrigerator which can take anywhere from 5-24 hours. Be sure to place the pork on a plate or tray to avoid leaking juices. To speed up this process you can place the wrapped meat in a bowl of cold water, changing out the water every 30 minutes.

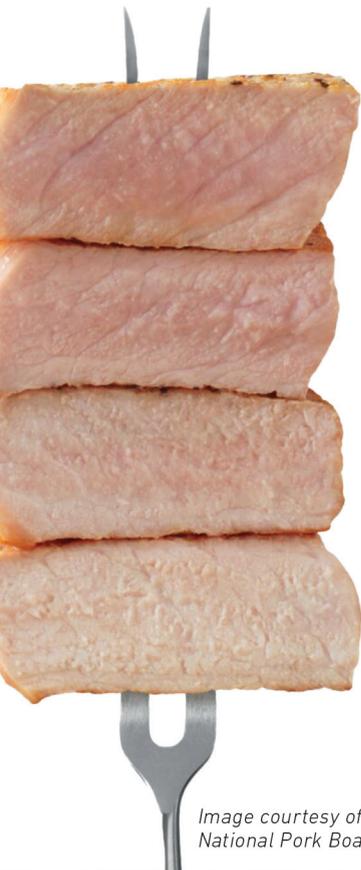
When handling raw pork, always keep it separate from other foods. Wash all cooking utensils after using on raw pork. Wash hands thoroughly before cooking and always after touching raw pork.



NEED IT FASTER?

The USDA states pork can be thawed in the microwave, but it must be cooked immediately after thawing.

COOKED TO PERFECTION



Medium Rare
145°F-150°F

Medium
150°F-155°F

Medium Well
155°F-160°F

Well Done
160°F

PORK CAN BE ENJOYED AT MANY DIFFERENT TEMPERATURES SO FOLLOW THIS GUIDE TO HELP YOU DECIDE

Color should never be the determining factor of doneness when cooking pork. Be sure to use a meat thermometer during the cooking process to ensure the pork is cooked to the appropriate temperature to allow for maximum flavor.

When using a meat thermometer, insert the probe into the thickest piece of pork, avoiding any skin or fat.

USDA recommends pork to be cooked to a minimum internal temperature of 145° F. Ground pork should be cooked to an internal temperature of 160°F to follow best food safety practices.

Image courtesy of the National Pork Board





SOFT PORK TACO WITH ORANGE ADOBO

SOFT PORK TACO WITH ORANGE ADOBO



Tender pork piled high with vibrant toppings makes for a flavor-packed meal that's both hearty and fresh.

Cut of pork: Pork Loin Chop

Serving Size: 6

Prep & Cook Time: 6 hours 30 minutes

Ingredients:

- 4 New York (*top loin*) Pork Chops (*about ¾-inch thick*)
- 2 Oranges (*medium*)
- 1 tsp. Chile Sauce (*habanero, plus more for serving*)
- ¾ tsp. Garlic Salt
- 1 cup Iceberg Lettuce (*shredded*)
- ½ cup Queso Fresco Cheese (*OR feta cheese, crumbled*)

Directions:

1. Finely grate zest from 1 orange; then juice orange. Cut peel off remaining orange, and cut orange between membranes; set segments aside.
2. In a shallow glass or ceramic dish, mix orange zest and juice with hot sauce and garlic salt. Add chops, turn

to coat, and spoon orange marinade over chops. Let stand 15 to 30 minutes while heating grill.

3. Prepare a grill to medium-high heat (*about 450° F*). Remove chops from marinade and discard marinade. Grill chops over direct heat until the internal temperature reaches between 145° F (*medium rare*) and 160° F (*medium*), on a meat thermometer, 4 to 5 minutes per side. Transfer chops to cutting board and let rest 3 minutes.
4. Warm tortillas on grill for about 1 minute on each side; transfer tortillas to plate. Thinly slice chops across the grain. Make each taco with 1 tortilla, half a chop, 1-2 orange segments, and top with lettuce and queso fresco. Serve with additional hot sauce on the side.

BBQ PORK SMASHBURGER SLIDERS



This recipe, and more information on all things pork, can be found at pork.org

BBQ PORK SMASHBURGER SLIDERS



Next time you're ready to fire up the grill, reach for the ground pork and serve these mouth-watering BBQ pork smashburgers.

Cut of pork: Ground pork

Serving Size: makes 12 sliders

Prep & Cook Time: 25 minutes

Ingredients:

- 2 lbs. 96% extra lean ground pork
(or as lean as you can find)
- 6 TBSP. barbecue pork seasoning
(recipe below)
- 1 white onion *(sliced 1/8 inch thick)*
- Extra virgin olive oil spray
- Cheese of choice *(optional)*
- 12 Hawaiian slider buns

BBQ Pork Seasoning: (Yield: 1 1/4 cups)

- 1/2 cup brown sugar
- 1/4 cup smoked paprika
- 2 TBSP. salt
- 2 TBSP. chili powder
- 1 TBSP. garlic powder
- 1 TBSP. onion powder
- 1 TBSP. black pepper
- 1 TBSP. ground mustard seed
- 1 tsp. cayenne

Directions:

BBQ Pork Seasoning

1. Combine all ingredients until evenly distributed.
2. Store in an airtight container in a cool, dry place.

BBQ Pork Smashburger Sliders

3. Mix together ground pork and barbecue pork seasoning until well combined. Create 12 balls from ground pork mixture. Set aside.
4. Preheat flat grill to get hot; add olive oil to grill, spreading evenly.
5. Place small piles of onions on grill and rounded pork on top.
6. With a burger press, press pork firmly into onion to create a thin patty.
7. After a few minutes, flip each burger and add cheese, if desired.
8. Cook until internal burger temperature reaches 160° F.
9. Serve on a Hawaiian slider bun and add any additional toppings you enjoy.



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