



Pork Grilled to Perfection

Use these tips and tricks become a natural grill master when cooking up pork chops and pork burgers this summer.

- Make sure to pre-heat your grill before putting any meat on the grill. Just like an oven, grills must be pre-heated to make sure meat is cooked at the right temperature for the entire cooking time.
- Safe internal cooking temperatures can vary depending on the different cuts you are preparing. For ground pork, the temperature should always reach an internal temperature of 160°F. Cuts that come from the pork loin, like pork chops, should reach a minimum internal temperature of 145°F.
- Be cautious of the utensils you are using while grilling pork. Be sure to use metal spatulas or tongs for turning instead of sharp utensils that may pierce the pork when flipping. If pierced, it will result in releasing some of the internal juices that provide a savory taste to your pork.
- Be attentive. Watch your meat throughout the cooking time to avoid overcooking or burning. Always use a cooking thermometer to check the internal temperature of your meat rather than guessing based on color.
- Take the time to season your pork before cooking. There are lots of dry seasonings that taste great in pork burgers and on pork chops, but marinades can add great flavor and moisture for extra juicy pork chops. Sauces added during the grilling process are great for flavor, too – just be sure to watch sugar-based sauces carefully as they can burn if applied too early.

Medium Rare*
145°F-150°F

Medium
150°F-155°F

Medium Well
155°F-160°F

Well Done
160°F

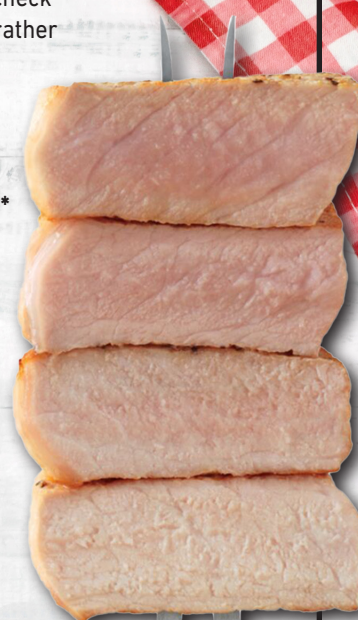


Image courtesy of the National Pork Board