

# AMERICAN KUROBUTA PORK



## PORK COOKING TIMETABLE

PORK CUT	THICKNESS/WEIGHT	APPROX. COOKING TIME
LOIN CHOPS, BONE-IN/BONELESS	3/4 INCH	8-10 MIN.
THICK CHOP	1-1/2 INCH	12-16 MIN.
KABOBS	1 INCH CUBES	10-15 MIN.
TENDERLOIN	1/2 TO 1-1/2 LBS.	15-25 MIN.
GROUND PORK PATTIES	1/2 INCH	8-10 MIN.
LOIN, BONE-IN/BONELESS*	2-5 LBS.	20 MIN. PER LB.
CROWN ROAST*	6-10 LBS.	20 MIN. PER LB.
FRESH LEG*	3-1/2 LBS.	20 MIN. PER LB.
SHOULDER ROAST	3-6 LBS.	30 MIN. PER LB.
TENDERLOIN (ROAST AT 425°-450°F)	1/2 TO 1-1/2 LBS.	20-30 MIN.
RIBS		1-1/2 TO 2 HOURS
CUTLETS	1/4 INCH	3-4 MIN.
LOIN CHOPS	3/4 INCH	7-8 MIN.
TENDERLOIN MEDALLIONS	1/4 TO 1/2 INCH	4-8 MIN.
GROUND PORK PATTIES	1/2 INCH	8-10 MIN.

BROILING - 4 INCHES FROM HEAT  
 GRILLING - OVER DIRECT HEAT  
 ROASTING - IN AN UNCOVERED, SHALLOW PAN AT 350°F  
 SAUTÉING - WITH A SMALL AMOUNT OF FAT OVER MEDIUM-HIGH HEAT IN AN UNCOVERED PAN, TURNING OCCASIONALLY

PORK SHOULD BE COOKED TO A MINIMUM INTERNAL TEMPERATURE OF 160°F. THE BEST TEST OF DONENESS IS TO USE AN INSTANT-READ MEAT THERMOMETER TO CHECK THE INTERNAL TEMPERATURE OF YOUR PORK. COOK PORK CHOPS, ROASTS AND TENDERLOINS TO 160°F., WHICH LEAVES THE CENTER PINK AND JUICY. LESS TENDER CUTS, LIKE PORK SHOULDER (BUTT) AND RIBS CAN BE COOKED LONG AND SLOW, TO RENDER THEM TENDER.

\*FOR LARGER CUTS OF PORK, SUCH AS ROASTS, COOK TO 150°F; REMOVE FROM THE OVEN AND ALLOW TO SET FOR 10 MINUTES BEFORE SLICING. THE TEMPERATURE OF THE ROAST WILL CONTINUE TO RISE TO 160°F AND THE PORK JUICES WILL REDISTRIBUTE THROUGHOUT THE ROAST BEFORE SLICING.

SOURCE: COOKING INSTRUCTIONS ADAPTED FROM THE NATIONAL PORK BOARD

## COOKING METHOD RECOMMENDATIONS

To ensure the most enjoyable eating experience, pair the recommended cooking method with the specific cut of pork.

### Dry-heat suggestions:

- Grilling for both small cuts cooked over direct heat and large pork cuts cooked with indirect heat
- Broiling for small cuts such as chops, tenderloin, kabobs and pork patties
- Sautéing for small pork cuts such as medallions, ground patties, chops, cutlets and strips
- Panbroiling for chops, tenderloin medallions, ham slices, bacon and ground pork patties
- Roasting for large pork cuts - loin roasts, tenderloin, shoulder roasts, ham, leg roasts

### Moist-heat suggestions:

- Stewing for smaller pieces, such as ribs and pork cubes
- Braising for large or small cuts

## GRILLING INSTRUCTIONS

There are two ways to grill pork based on the size of the cut:

1. Direct heat: Place food directly over the heat source (ideal for small cuts like kabobs, tenderloin and chops):
  - A. Arrange hot coals evenly on the fire grate of the grill or use all gas burners.
  - B. Place pork directly above the heat source.
  - C. Follow suggested cooking times, turning once during cooking.
2. Indirect heat: Place food on the grill rack, away from the coals or gas burners. Good for large cuts like loin roasts, ribs, shoulder and fresh ham:
  - A. Bank hot coals on both sides of the fire grate, on one side of the grill or in a ring around the perimeter. For gas grills, pre-heat and then turn off any burners directly below where the food will be grilled.
  - B. Place pork on the grill so it is not directly over any coals or gas burners and close grill hood.
  - C. Follow suggested cooking times until pork is done. The heat circulates inside the grill, so turning the pork is not necessary.