

A (NEW) PRIMER ON PORK



If you've visited the meat case at your local supermarket, you may be thinking that something is different about pork – you are right!

MAKEOVER AT THE MEAT CASE: NEW NAMES, SAME DELICIOUS CUTS

In order to ease confusion over the various names of pork cuts, the National Pork Board and Beef Checkoff Program joined forces to make the meat case more familiar for shoppers. Several pork chop names are now aligned with beef steaks, so consumers can easily identify their favorite cuts. On the meat label, you will see the new consumer-friendly name of the cut, the cut characteristics, and a line that states the best preparation method or other helpful information.

NEW PORK LABELING

makes it easier to identify your favorite cut by:

1. Consumer-friendly names
2. Cut Characteristics
3. Preparation Recommendations



New York Pork Chop
Formerly: Top Loin Chop



Ribeye Pork Chop, boneless
Formerly: Rib Chop, boneless



New York Pork Roast
Formerly: Top Loin Roast



Porterhouse Pork Chop
Formerly: Loin Chop, bone-in

PORK QUALITY

High quality pork performs better in the kitchen. It delivers better flavor and texture for your eating experience. The quality of fresh pork is characterized by color, tenderness and marbling. Taste and preference studies show pork chops that are reddish-pink in color and have a firm texture perform consistently when cooked compared to pork cuts that are less red in color with a soft texture. Marbling can also improve pork's flavor and moisture. An ideal pork chop (color and marbling score of 3 and 4) will consist of a reddish-pink color, firm texture and enough marbling to yield a juicy, tender and flavorful eating experience every time you cook healthy with pork!

COLOR SCORING



2.0
Grayish pink

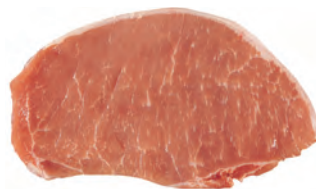


3.0
Reddish pink



4.0
Dark reddish pink

MARBLING SCORING



3.0



4.0



5.0



PORK COOKING METHODS, TIMES AND TEMPERATURES:

Roast/Bake: Roast at 350° F. unless otherwise noted. Roast in a shallow pan, uncovered.

Broil: 4-5 inches from heat. Turn halfway through cooking time.

Grill: Over direct, medium heat; turn once halfway through grilling.

Barbecue: Barbecue over indirect medium heat (about 325° F.) unless otherwise noted.

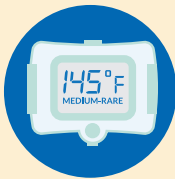
Sauté: Add a little cooking oil to pan; sauté over medium-high heat and turn once halfway through cooking time.

Braise: Cook over medium-high heat in 1 tablespoon vegetable oil until browned evenly on both sides. Add enough liquid to come ¼ to ½ inch up sides of pork. Return just to boiling. Cover and simmer until tender.

Stew: Cook, covered, with liquid at a slow simmer. This method best used with 1-inch loin or shoulder cubes for 45 min.-1hr.

COOKING TIPS

The National Pork Board recommends cooking pork chops, roasts, and tenderloin to an internal temperature of 145° F. followed by a 3 minute rest. Ground pork, like all ground meat, should be cooked to 160°F.



PORK CHOPS, 3/4 INCH THICK		BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Boneless	New York (Top Loin) Pork Chop	8-12 min.	8-12 min.	6-10 min.	145° with a 3 minute rest
	Ribeye (Rib) Pork Chop				
Bone-in	Sirloin Pork Chop				
	Porterhouse (Loin) Pork Chop				
ROASTS		ROAST/BAKE	BARBECUE	BRAISE	COOK TO
New York (Top Loin) Pork Roast	2 lbs.	26-28 min. per lb.	20-26 min. per lb.		145° with a 3 minute rest
	Sirloin Pork Roast				
Pork Loin Center Roast	3-5 lbs.	20-25 min. per lb	12-15 min. per lb.		
TENDERLOINS		ROAST/BAKE	BROIL/GRILL	BRAISE	COOK TO
Loin Cubes/Kabobs (1 inch)			8-10 min.	8-10 min.	145° with a 3 minute rest
Tenderloin (1-1½ lbs.) roast at 425° F.		20-35 min.	20-30 min.		

CUBAN PORK TENDERLOIN

5 minutes prep | 20 minutes cook | Serves 6

1 1/2 pounds pork tenderloin, trimmed
1/4 cup orange juice, fresh
1/4 cup grapefruit juice, fresh
2 tablespoons cilantro, chopped
1 teaspoon cumin

1 teaspoon dried oregano
2 cloves garlic, finely chopped
1/2 teaspoon kosher salt
1/2 teaspoon red pepper flakes

Using thin knife, trim silver skin from tenderloin. Mix orange juice, grapefruit juice, cilantro, cumin, oregano, garlic, salt, and hot pepper in gallon-sized zip-top plastic bag. Add pork, close, and refrigerate for at least 30 minutes and up to 4 hours. Meanwhile, make Rice and Black Bean Salad.

Prepare outdoor grill for direct medium-hot grilling. For a gas grill, preheat grill on high. Adjust temperature to 400°F. For a charcoal grill, build fire and let burn until coals are covered with white ash. Spread coals and let burn for 15-20 minutes.

Lightly oil cooking grate. Remove pork from marinade, drain briefly, but do not scrape off solids. Place on grill and cover grill. Cook, turning occasionally, until browned and instant-read thermometer inserted in center of pork reads 145 degrees Fahrenheit, about 20-27 minutes. Transfer to carving board and let stand 3-5 minutes. Cut on slight diagonal and serve with rice and black bean salad.

Visit pork.org/cooking for more nutritious and delicious pork recipes.



Nutrition:

Calories: 140 calories
Protein: 24 grams
Fat: 3 grams
Sodium: 220 milligrams
Cholesterol: 75 milligrams
Saturated Fat: 1 grams
Carbohydrates: 3 grams
Fiber: 0 grams

Serving Suggestions:

Serve with Rice and Black Bean Salad and your favorite cold beverages.

