

DELICIOUS SLOW-COOKED CANADIAN PORK

IN CANADA, COLD WEATHER
MEANS COMFORT FOOD.

BOOST SALES AND
INCREASE PROFIT WITH
BRAISING, POT ROASTING AND
STEWING PORK OFFERINGS
THROUGHOUT THE FALL
AND WINTER MONTHS.

DELICIOUS SLOW-COOKED PORK



BRAISE. POT ROAST. STEW.
COOK TO 160°F/71°C

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BROWN PORK AND VEGETABLES.
ADD LIQUID OR STOCK. COVER AND
SIMMER UNTIL TENDER. OVEN AT
325°F/175°C OR LOW HEAT
ON STOVE-TOP UNTIL INTERNAL
TEMP IS 160°F/71°C.



FRESH CANADIAN PORK

BRAISE, POT ROAST, STEW MERCHANDISING GUIDE

COOKING METHODS

BRAISE

STEW/SIMMER

POT ROAST

SOUS VIDE

SLOW COOKER

PRESSURE COOKER



Pork Side Ribs [with or without breast bone]. Also known as spareribs or St. Louis Ribs (centre cut only). Tender, juicy and meatier than back ribs, a perfect choice for all slow-cooking methods.

SIDE RIBS



Pork Back Ribs. Also known as baby back ribs or loin ribs. Back ribs are leaner and offer a smaller portion size compared to side ribs. What they lack in size, they make up for in tender, juicy results when prepared using slow-cooking methods.

BACK RIBS



Pork Riblets [barbecue style]. Also known as meaty riblets. Riblets are cut from the first 2 – 4 ribs similar to chuck ribs. Riblets cut this way are delicious when slow-cooked to perfection.

RIBLETS



Pork Shoulder Blade Country-style. Also known as boneless country-style ribs. Can also be cut from the loin rib-end (boneless or bone-in). Country-style ribs are an excellent value-cut choice that delivers tender and juicy results every time.

SHOULDER BLADE COUNTRY-STYLE



Pork Shoulder Blade Roast. Also known as pork butt. Blade roasts are perfect for pot roasting or braising for pulled pork or a hearty ragout.

SHOULDER BLADE ROAST



Pork Shoulder Blade Roast, Boneless. Also known as boneless butt. Boneless blade roasts are an excellent choice for all slow-cooking methods and will deliver tender, juicy results every time.

BONELESS SHOULDER BLADE ROAST



Pork Shoulder Picnic, Boneless. Also known as fresh cottage roll. Boneless picnic roasts are an excellent value-cut option for braising, pot roasting and pulled pork.

BONELESS SHOULDER PICNIC ROAST



Pork Shoulder Picnic. Also available skin-on with hock. Whole, half or portion cut picnic roasts are an excellent value-cut choice that works well with all slow-cooking methods.

SHOULDER PICNIC ROAST



Pork Belly, Skinless. Also known as side pork. May also be offered with skin. Pork belly cut into short rib portions are an excellent alternative to family-favourite short rib recipes. Belly short ribs are extra meaty delivering tender, juicy results when slow-cooked to perfection.

BONELESS BELLY SHORT RIBS



Pork Belly, Rib-in. Also known as rib-in side pork. May also be offered with skin. Pork belly short ribs are an excellent alternative for classic short rib recipes.

BELLY SHORT RIBS



Pork Belly, Rib-in Long Cut. Also known as rib-in side pork. May be offered with skin. Long cut belly ribs are large and meaty ribs perfect for larger appetites.

BELLY LONG RIBS



Pork Shoulder Blade Steak, Boneless. Also known as butt or capicola steak. Capicola steaks are one of the most flavourful cuts available and highly valued in the Japanese market. Perfect for all slow-cooking methods.

SHOULDER BLADE STEAK



Pork Leg Roast, Boneless or Bone-in. Also known as fresh ham roasts. May be offered without skin. Leg roasts are an excellent value-cut lean meat option and available in many portion sizes for any occasion or price point.

LEG ROAST



Pork Hock, Whole or Half. Also known as fore shank. Hocks are an excellent value-cut perfect for all slow-cooking methods.

HOCK



Pork Shank, Whole or Centre Cut. Also known as ham hock, hind shank or knuckle. May be offered with skin. Shanks are an excellent choice for ossobuco recipes and deliver exceptional results when slow-cooked to perfection.

SHANK



Pork Simmering Cubes. May be cut from the shoulder blade, picnic, leg or loin trimmings. Simmering cubes are an excellent value-cut option for delicious slow-cooked bourguignon, meaty ragout sauces and family-favourite casseroles.

SIMMERING CUBES



DELICIOUS SLOW-COOKED CANADIAN PORK

CLASSIC SLOW-COOKING METHODS

BRAISING, POT ROASTING, STEWING | Brown pork (either whole piece or cut into chunks) in oil. For braising, use a small amount of liquid/stock; for pot roasts, add enough liquid/stock to cover meat halfway; for stews, cover with liquid/stock. Cover with lid and simmer over low heat on stove top or in a 325°F (160°C) oven until meat is tender and internal temperature is (160°F/71°C), approximately 30-35 minutes/pound (0.5 kg).

OTHER SLOW-COOKING METHODS *(check manufacturer's directions for correct use)*

SLOW COOKER | Also known as a crock-pot, the slow cooker is a countertop appliance used to simmer at a low temperature over a long period of time to achieve tender and juicy results. Slow cookers are an excellent option for unattended simmering, braising, stewing and pot roasting applications and a perfect choice for slow-cooking pork.

PRESSURE COOKER/INSTANT POT | This is a process of cooking food using water or other liquids such as vegetable or meat stock in a sealed vessel known as a pressure cooker (stovetop) or instant pot (electric). This process acts like many hours of braising within a shorter time period. The cooker works by trapping the steam produced from boiling the liquid inside the vessel, causing internal pressure and temperatures to quickly rise. After use, the steam is slowly released so that the vessel can be opened safely.

SOUS-VIDE | Sous-vide is a foodservice method of cooking gaining popularity with home cooks. Food is placed in a plastic pouch or a glass jar and cooked in a water bath or steam environment for longer than normal cooking times at a carefully regulated temperature. The temperature is much lower than normally used for cooking, typically around 131 to 140°F (55 - 60°C) for meat and higher for vegetables. The intent is to cook the item evenly, ensuring that the inside is properly cooked without overcooking the outside, and to retain moisture.

PORK CUT	POUNDS	KG	TIME
PORK SIDE RIBS	3	1.4	1.5 hours
BACK RIBS	1.5	0.68	1 hour
RIBLETS	2-3	0.9-1.4	1-1.5 hours
SHOULDER BLADE COUNTRY-STYLE (BONE-IN/BONELESS)	3	1.4	1.5 hours
SHOULDER BLADE OR PICNIC ROAST (BONE-IN/BONELESS)	3-6	1.4-2.7	1.5-3 hours
BELLY SHORT RIBS (BONE-IN/BONELESS)	3-6	1.4-2.7	1.5-3 hours
SHOULDER BLADE STEAK	3	1.4	1.5 hours
LEG ROAST	3-4	1.4-1.8	1.5-2 hours
HOCK	3-6	1.4-2.7	1.5-3 hours
SHANK	3-6	1.4-2.7	1.5-3 hours
SIMMERING CUBES	2-3	0.9-1.4	1-1.5 hours

The best way to know if pork is cooked properly is to use a meat thermometer. "Pork is done at 71" (160°F/71°C). To check the temperature, insert meat thermometer into the thickest part of the meat, away from fat or bone.

CONSUMER MARKETING SUPPORT

- ON-PACK SLOW-COOKING PREPARATION LABELS
- PRICE TAG MOULDING GRAPHICS
- RAIL CARDS
- CANADIAN PORK SLOW-COOKING GUIDE
- RECIPES AND VIDEOS FOR HOME CHEFS AND BUTCHERS AVAILABLE ON THE WEBSITE

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FOR MORE INFORMATION ABOUT CANADA PORK PROGRAMS AND SERVICES CONTACT:

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NATIONAL PORK MARKETING PROVINCIAL PRODUCER ORGANIZATIONS: BC PORK PRODUCERS, ALBERTA PORK, SASKATCHEWAN PORK DEVELOPMENT BOARD, MANITOBA PORK COUNCIL, ONTARIO PORK PRODUCERS MARKETING BOARD, PORC NB PORK, PORK NOVA SCOTIA, PEI HOG COMMODITY MARKETING BOARD.

PARTNERS IN SUCCESS: CANADIAN PORK COUNCIL, CANADIAN MEAT COUNCIL.

CANADIAN PORK EXCELLENCE
DU PORC CANADIEN



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