

a guide to purchasing, handling & cooking pork

all *about* pork



pick pork

When you're looking for flavour, tenderness, versatility and healthy eating, pork is the perfect choice. Pork is the most popular meat in the world, making up over 43% of world meat consumption. Its mild flavour is well suited to diverse flavour combinations – spicy, hot, tangy, or sweet – and is the basis for many ethnic favourites. A wide variety of pork cuts, both bone-in and boneless, suit all cooking styles and make meal planning and preparations easy.

Pork is a healthy choice

An added bonus is pork's excellent health profile. Canada's Food Guide to Healthy Eating recommends choosing leaner meats, like pork, more often. Pork supplies 4 important vitamins, 6 important minerals, plus protein and energy to fit into a healthy eating plan.

Pork gets the Health Check™

Pork also meets the criteria of a lean meat in the Heart and Stroke Foundation of Canada's Health Check™ program. The program promotes making wise food choices at the grocery store. Foods that qualify for the program must meet specific nutrient criteria for different food categories. All trimmed pork cuts, with the exception of ribs, qualify as "lean" or "extra lean" and meet this criteria. The Health Check™ logo guides you to foods that you should eat more often as part of a healthy diet.



NUTRITION INFORMATION

A 100g average serving of raw, untrimmed pork contains 192 Calories (800kJ), 21g of Protein, 10g of Fat and 0g of Carbohydrate.

Trimming makes a BIG difference A 100g average serving of raw, **TRIMMED** pork contains 139 Calories (580 kJ), 22g Protein, 5g of Fat and 0g of Carbohydrate.

† Choosing leaner meats is part of healthy eating. Canada Pork financially supports the Health Check™ program. This is not an endorsement. See www.healthcheck.org.

table of contents

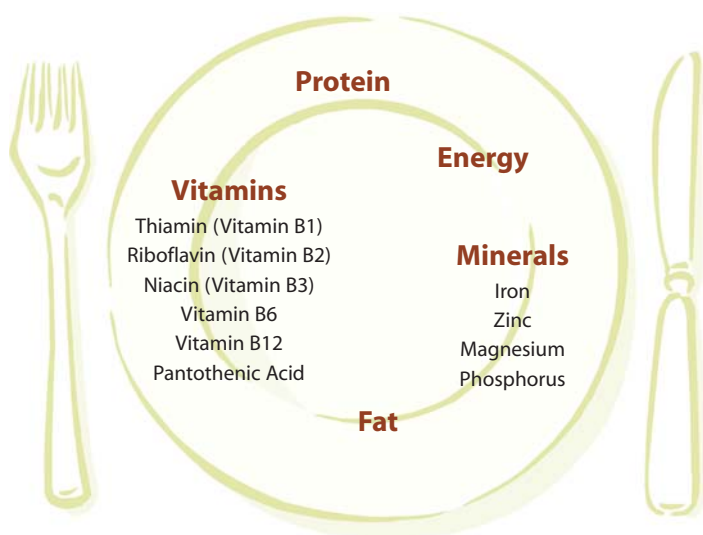
pork nutrition	4
You get all these nutrients from pork	4
Did you know	4
How does pork compare?	5
characteristics of pork cuts	6
purchasing pork	7
Reading the label	7
How much to buy	7
How much to serve	7
handling pork	8
Storage times	8
Freezing	8
Four steps for food handling	9
cooking guide	10
Dry heat	10
Moist heat	11
roasts	12
Roasting guide	13
specialty roasts	14
How to stuff a rack	14
Instructions for crown roast of pork	14
chops & steaks	16
Marinades	17
pork tenderloin	18
Using a meat thermometer	18
cutlets, schnitzel & scallopini	20
ground pork	21
ribs	22
Rubs for ribs and more!	23
cubes, strips & satays	24
hams, bacon, etc.	26
Cooking a ham	27
Ham glazes	27

pork nutrition

Pork contains many of the nutrients recommended by Health Canada to build and maintain a healthy body.

All pork cuts, with the exception of ribs, qualify as “lean” or “extra lean” and fit well into a healthy eating plan.

You get all these nutrients from pork



Did you know

- Only 7% of the total fat in the Canadian diet comes from fresh meat (pork, beef, lamb and veal), whereas fats and oils contribute 32% fat to the total diet.¹
- Pork is the most popular meat in the world making up 43% of the world's meat consumption.²
- A serving of lean, trimmed cooked pork is about the size of a deck of cards or the palm of your hand.
- Canadians are consuming too many calories from 'Other Foods' with almost 1/3 of their total calories coming from foods that are mostly fat or sugar.³

1. Agriculture Nutrient Assessment Program 1996

2. USDA's FAS Statistics

3. Food Habits of Canadians 2001

How does pork compare?

All based on a 100 gram serving of roasted meat/poultry, trimmed or skinless.

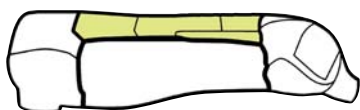
	Pork Tenderloin	Chicken Breast	Beef Tenderloin	Salmon Chinook (spring)
Energy (Cal)	162	147	211	231
Protein (g)	30	30	28	26
Total Fat (g)	3.6	2.1	10.0	13.0
Polyunsaturated	0.3	0.5	0.5	2.7
Monounsaturated	1.4	0.8	4.0	5.7
Saturated	1.2	0.6	3.9	3.2
Cholesterol (mg)	68	75	68	85
Carbohydrate (g)	0	0	0	0
% of Recommended Dietary Allowance (RDA)				
Iron ^a	8%	6%	21%	5%
Phosphorus	37%	31%	34%	53%
Magnesium	9%	7%	8%	38%
Zinc ^a	33%	10%	60%	7%
Vitamin B6	32%	42%	22%	35%
Vitamin B12	23%	13%	113%	120%
Riboflavin	35%	8%	28%	14%
Niacin	34%	75%	0%	72%
Thiamin	85%	5%	9%	4%
Pantothenic Acid	14%*	18%*	6%*	17%*

This table presents the % of Recommended Dietary Allowances (RDAs) and Adequate Intakes (AIs), marked by asterisk (*), for females 19–50 years of age based on the DRI reports www.nap.edu. All based on a 100 gram serving of roasted meat/poultry or fish, trimmed or skinless. Source Canadian Nutrient File, 2001.

^a Vegetarian recommendations (individuals not consuming meat, poultry or fish) for iron are 1.8 times and for zinc twice the RDA.

characteristics of pork cuts

You can prepare perfect pork every time by choosing the cut that's right for you. A side of pork is made up of four main wholesale areas, called primals. They are the loin, the leg, the shoulder and the belly. Each area has its own characteristics.



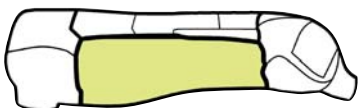
Loin is the most tender and lean and yields the premium-priced pork cuts. It is divided in three sections – the rib (closest to the shoulder), the centre and the sirloin. Cuts from the loin are **roasts, chops, cutlets, tenderloin, back ribs, cubes** and **strips**. The roasts and chops may be bone-in or boneless. Loin cuts are usually cooked by dry heat* cooking methods.



Leg is very lean and more economical than the loin. The leg may be sold as a whole roast, or a half, or it may be sectioned into three muscle cuts – the **inside, outside** and **leg tip**. Leg cuts may be bone-in or boneless. Hams are cured and smoked legs of pork. Leg cuts can be cooked by dry heat* cooking methods, but are best suited to moist heat* methods.



Shoulder is the most economical retail cut. It is divided into two sections – the picnic and the blade. The cuts may be either bone-in or boneless and may be made into **roasts, chops, steaks, cubes** or **ground pork**. Moist heat* produces excellent results but dry heat* cooking can be used as well.



Belly provides **side ribs, bacon** and other **processed pork products**.

purchasing pork

Reading the label

Reading the label on a cut of pork is easy. There may be up to 5 words in the name, but they are in a specific order:

SPECIES

indicates the kind of meat

PRIMAL

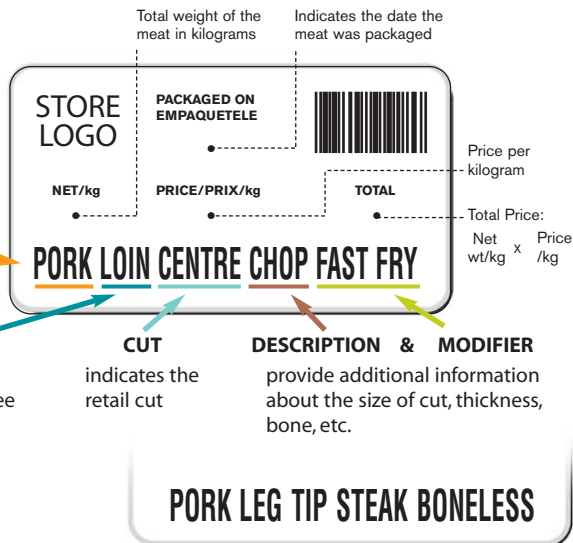
indicates the wholesale area and thus the degree of tenderness

CUT

indicates the retail cut

DESCRIPTION & MODIFIER

provide additional information about the size of cut, thickness, bone, etc.



How much to buy

The amount of pork to buy will depend on the number servings required and whether the meat is bone-in or boneless. A rule of thumb is to allow 1/4–1/3 lb (125–160g) per person for boneless cuts, 1/3–1/2 lb (170g–250g) for bone-in cuts and 1/2–1 lb (250–500g) for back or side ribs.

Cut	Servings/lb	Servings/kg
Boneless Roasts	3–4	7–8
Bone-in Roasts	2–3	5–6
Boneless Steaks, Chops, Cubes, Strips	3–4	7–8
Blade Steaks	2–3	5–6
Ground Pork or Sausage	3–4	7–8
Side or Back Ribs	1–2	3–5

How much to serve

Cut	Pounds/serving	Kg/serving
Boneless Chops, Cubes, Cutlets, Roasts, Steaks, Strips, Sausages	1/4–1/3 lb	125–160 g
Bone-in Chops, Roasts, Steaks	1/3–1/2 lb	170–250 g
Side or Back Ribs	1/2–1 lb	250–500 g
Crown Roast (allow 1–2 ribs/person)	1/3–1/2 lb	170–250 g
Hocks	1/2–1 lb	200–300 g

handling pork

Storage times

FRESH		
	(4°C/40°F) Refrigerator	(-18°C/0°F) Freezer
Roasts, Steaks, Chops	2–4 days	8–10 months
Ground Pork	1–2 days	1–3 months
Leftover cooked pork*	2–3 days	2–3 months
Variety meat	1–2 days	3–4 months

Note: Some newer types of fresh meat packaging allow for longer storage times in the refrigerator and contain a “Best Before” date. Once these vacuum packages are opened, the meat should be used promptly (ground pork within 1 day, other cuts within 2–3 days).

PROCESSED		
	(4°C/40°F) Refrigerator	(-18°C/0°F) Freezer
Smoked Sausage	3–7 days	1–2 months
Ham**	3–4 days	not recommended
Bacon**	7 days	1 month
Cold Cuts**	3–5 days	not recommended

*Cool to room temperature, uncovered. Then cover tightly and refrigerate or place in freezer within one hour after cooking.

**If vacuum packed, check manufacturer’s “Best Before” date.

Freezing

- Use moisture-proof airtight packaging, freezer bags, heavy duty foil or freezer wrap to protect the meat from losing moisture during storage.
- Remove as much air as possible before freezing.
- Freeze chops and steaks in meal size packages.
- A double layer of waxed paper between pieces makes it easier to separate later.
- Freeze ground pork in patties or in 1/2 lb/250g or 1 lb/500 g packages.
- Label packages with the date, pork cut, weight and number of servings.



Four steps for food handling

Reduce the risk of foodborne illness by following these

4 SIMPLE STEPS:

1 CLEAN – wash your hands and kitchen surfaces often

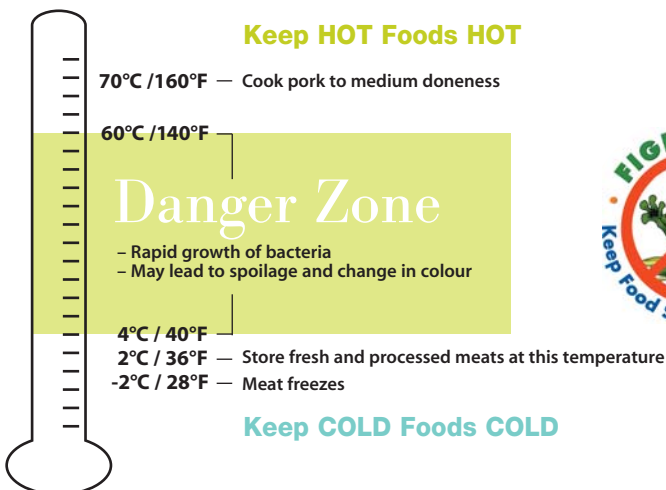
2 SEPARATE – keep raw meat/poultry/seafood and their juices separate from other foods. Don't cross-contaminate

3 CHILL – refrigerate or freeze foods promptly

4 COOK – always cook to proper temperatures

Bacteria are all around us. Most of them are harmless but others can make you sick if allowed to grow and multiply. All foods, including fruits and vegetables, have the potential to cause illness since microorganisms can exist on all surfaces. Follow the 4 steps – Clean, Separate, Chill, Cook – to eliminate harmful bacteria and greatly reduce the risk of foodborne illness. And remember, “When in doubt, throw it out!”

Food safety temperature guide



cooking guide

There are two different methods for cooking pork – dry heat and moist heat.

DRY heat

– means cooking uncovered without the addition of liquid. This is most suitable for loin cuts, although some leg and shoulder cuts can be prepared using dry heat. Dry heat methods include:



ROASTING – to cook uncovered in a pan, usually in an oven, surrounded by hot, dry air

HOW TO DO IT:

- Roast larger cuts of pork (over 2 lb/1 kg) at 325°F (160°C)
- Smaller roasts (under 2 lb/1 kg) should be roasted at 350°F (180°C)
- Do not cover
- Do not add liquid
- Roast to an internal temperature of 155–160°F (68–70°C)
- Remove from oven, tent loosely with foil and let rest 5–10 minutes before slicing

Note: Roast pork tenderloin at 375°F (190°C) for 30–35 minutes total time or to an internal temperature of 155°F (68°). Tent with foil; let rest 5 minutes.

CUTS FOR ROASTING – Loin Roasts, Crown Roasts, Racks of Pork, Pork Tenderloin, Ribs

BROILING – means cooking directly under intense heat

HOW TO DO IT:

- Cook 3–5" (8–12 cm) from heat source
- Cook using medium heat until meat surface is browned and slightly firm to the touch
- Use tongs rather than a fork for turning

CUTS FOR BROILING – Chops, Steaks, Pork Tenderloin, Kabobs, Satays, Ribs

PANFRYING/SAUTEING – to cook quickly in a small amount of oil over direct heat in an open pan

HOW TO DO IT:

- Use a medium-high temperature
- Cook to medium. Ground pork and burgers should be cooked to well-done.

CUTS FOR PANFRYING – Chops, Burgers, Cutlets/Schnitzel, Tenderloin Medallions, Cubes

STIRFRYING – to cook smaller pieces of meat at a high temperature in a small amount of oil, stirring briskly during cooking

CUTS FOR STIRFRYING – Strips, Cubes, Ground Pork

BARBECUING – means to cook directly over intense heat

HOW TO DO IT:

- Preheat barbecue on high
- Reduce heat to medium or low temperature to cook

Steaks/Chops – grill over medium heat

Roasts – Preheat barbecue. Turn off heat on one side and reduce heat on other side. Place roast on the “off heat” side, directly on the grill or in a pan. Close cover and cook to 155°F (68°C) on a meat thermometer.

Ribs – *Method #1:* Barbecue over low – medium heat, turning, about 1 1/2 hours. Brush with barbecue sauce during the last 30 minutes.

Method #2: Place ribs in a pan with 1/2” (1.25 cm) water. Cover with foil and roast in the oven at 350°F/180°C) or over low heat on the barbecue 90 min for side ribs, 45 min for back ribs. Remove from pan and place on barbecue. Barbecue over low – medium heat, turning and brushing with sauce, about 20 minutes.

MOIST heat

– means cooking in a covered pan with added liquid or steam. This is an excellent method for leg and shoulder cuts. Moist heat methods include:



BRAISING/POT ROASTING – means to cook in a small amount of liquid

- For both large cuts (roasts, ribs) and smaller cuts (chops and cubes)

HOW TO DO IT:

- Brown meat first, if desired
- Add a small amount of liquid
- Cover and simmer over low heat or in the oven approx. 30–35 min per lb/0.5 kg

CUTS FOR BRAISING/POT ROASTING – cubes, chops, leg and shoulder roasts

STEWING – means to cook in a moderate amount of liquid by simmering

- For smaller pieces (cubes)

HOW TO DO IT:

- Brown meat first
- Add liquid to cover, cover pan and simmer over low heat or in the oven
- 30–35 min per lb/0.5 kg

CUTS FOR STEWING – cubes

roasts

LOIN ROASTS

- Lean and tender
- May be bone-in or boneless
- Single or Double Loin
- May be cut from the rib, centre or sirloin sections



to cook:

DRY HEAT – Cook to medium (155–160°F/68–70°C).

SHOULDER ROASTS

- Moderately tender
- Bone-in or boneless
- 3 types:
Shoulder Blade – most popular retail cut
Capicola – boneless subsection specialty cut
Picnic Shoulder – most economical, usually smoked or used for ground pork



to cook:

MOIST HEAT – Add liquid, cover pan. Cook until tender, 30–35 min per lb/0.5kg.

DRY HEAT (for the tender capicola) – Roast uncovered at 325°F/160°C. Cook to medium (155–160°F/68–70°C).

LEG ROASTS

- Very lean
- Moderately tender
- Boneless – small roast from inside, outside or tip sections
- Bone-in – whole or smaller part of leg



to cook:

DRY HEAT – Roast uncovered at 325°F/160°C. Cook to medium, (155–160°F/68–70°C).

MOIST HEAT – Add liquid, cover pan. Cook until tender, 30–35 min per lb/0.5kg.

herb crusted roast of pork

3 lb	PORK LOIN CENTRE ROAST BONELESS	1.5 kg
2	cloves garlic, slivered	2
1 Tbsp	brown sugar	15 mL
2 tsp	dried tarragon or caraway seeds, crushed	10 mL
1/2 tsp	salt	2 mL
1/4 tsp	freshly ground pepper	1 mL

With a sharp knife, make tiny slits in roast; insert garlic slivers. Combine brown sugar, tarragon or caraway seeds, salt and pepper. Rub over pork, including ends. Place roast on a rack in a shallow roasting pan. Roast at 325°F (160°C) for about 1–1 1/2 hours or until a meat thermometer registers 155°F (68°C). Remove from oven. Tent loosely with foil and let rest for 10 minutes before slicing.

YIELD: 8–10 servings





lean pulled pork

3 lb	PORK SHOULDER BLADE ROAST BONELESS	1 kg
1 cup	barbecue sauce	250 mL
1 tsp	EACH cumin, oregano	5 mL
2 tsp	chili powder	10 mL
1 Tbsp	Worcestershire sauce	15 mL
2 Tbsp	cider vinegar	25 mL
1 Tbsp	molasses	15 mL
1	onion, sliced	1

Place roast in a roasting pan. Combine remaining ingredients; spread over and around roast. Cover and roast in a 325°F (160°C) oven for 3 1/2 hours. Remove roast to a cutting board. With 2 forks, pull meat into shreds, discarding any fat. Transfer shredded pork to a casserole dish. Pour cooking liquid into a measuring cup and remove any fat. Pour degreased liquid over pork. Cover and bake another 45 minutes. To serve, layer onto Kaiser rolls and top with coleslaw if desired.

YIELD: 8–10 servings

roasting guide

(in 325°F/160°C oven)

Retail Pork Cut	Weight		Minutes per lb/ 0.5 kg
	lbs	kg	
Loin centre roast, bone-in	3–5	1.5–2.2	20–25
Single loin, boneless	1.5–2	0.75–1.0	30–35
Double loin, boneless	3–5	1.5–2.2	30–35
Leg, boneless	3–4	1.5–2.0	20–25
Shoulder blade/picnic, boneless	3–6	1.5–3.0	30–35
Shoulder blade/picnic, bone-in	5	2.5	25–30
Rack of pork	3–5	1.5–2.2	20–25



specialty roasts

CROWN ROAST

- From the rib section of the loin
- Vary in size from 6 – 14 ribs
- Bones are “frenched”* to expose tips



to cook:

DRY HEAT – Fill cavity with large aluminum foil ball. Place roast in pan, bones up. Cover bone tips with small pieces of foil. See below for roasting times.

RACK OF PORK

- From the rib section of the loin
- Usually consists of about 6 ribs
- Bones are “frenched” to expose tips



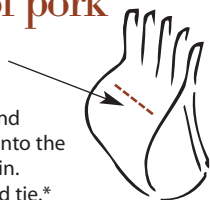
to cook:

DRY HEAT – Roast uncovered at 325°F/160°C. Cook to medium, 155–160°F/68–70°C.

stuffing a rack of pork

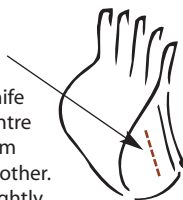
METHOD 1

Cut meat along the rib bones and open a pocket into the centre of the loin. Stuff, reform and tie.*



METHOD 2

Carefully slide a long, sharp knife through the centre of the meat, from one end to the other. Enlarge hole slightly with the knife. Remove knife and with your finger, open the hole you just cut. Do not remove any meat. Force stuffing into the opening first from one end, then from the other.*



*Any remaining stuffing can be baked at 325°F/160°C in a greased casserole, covered with foil, for about one hour.

instructions for crown roast of pork

Small Roasts (under 7 lbs/3kg)

Roast uncovered at 325°F/160°C for 1 1/2–1 hour. Remove from oven; remove foil ball. Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–70°C.

Medium Roasts (7–9 lbs/3–4 kg)

Roast uncovered at 325°F/160°C for 1 1/2 hours. Remove from oven; drain off excess fat. Remove foil ball. Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–70°C.

Large Roasts (Over 10 lbs/4.5 kg)

Roast uncovered at 325°F/160°C for 2–2 1/2 hours. Remove from oven; drain off excess fat. Remove foil ball. Fill cavity with stuffing, if desired. Cover stuffing with foil to prevent drying. Roast another 1 1/2 hours to medium, 155–160°F/68–70°C.



leek & mushroom stuffing

2 Tbsp	butter	25 mL
1 cup	finely chopped mushrooms	250 mL
1 cup	finely chopped leeks	250 mL
2 Tbsp	dry white wine or vermouth	25 mL
1/2 cup	soft whole wheat bread crumbs	125 mL
1/4 cup	chopped water chestnuts	50 mL
1/4 cup	shredded carrot	50 mL
dash	pepper	dash

Melt butter in fry pan; add mushrooms and leeks and cook until tender. Add wine; simmer, uncovered 5 minutes or until liquid has evaporated. Remove from heat and stir in bread crumbs, water chestnuts, carrot and pepper. Use as stuffing for rack, crown, loin or leg roasts of pork.

YIELD: 2 cups (approx)

honey lemon glaze

1/3 cup	liquid honey	75 mL
1/4 cup	EACH brown sugar, lemon juice	50 mL
Pinch	garlic salt	pinch
1 tsp	grated lemon rind	5 mL
1 tsp	dried mint (optional)	5 mL

Combine all ingredients. Brush over roast during last 30–45 minutes. Heat remaining glaze. Serve with roast. (Use this glaze recipe for rack, crown, loin or leg roasts of pork.)

YIELD: 1/2 cup (125 mL)



chops & steaks

LOIN CHOPS

- Smaller slices cut from the loin
- May be cut from the rib (front) end, centre or sirloin (hind) end
- Can be bone-in or boneless
- Vary in thickness from thin (fast fry) to double thickness



to cook:

DRY HEAT – Broil, Panfry, Barbecue.

MOIST HEAT – Braise. Cook to medium.

LEG STEAKS

- Smaller slices cut from the leg
- Boneless



to cook:

DRY HEAT – Barbecue (marinate to tenderize, if desired).

MOIST HEAT – Braise.

SHOULDER BLADE STEAKS

- Smaller slices from the shoulder blade
- Can be bone-in or boneless
- Vary in thickness



to cook:

DRY HEAT – Barbecue (marinate if desired).

MOIST HEAT – Braise.

maple cider chops with apples

4	BONELESS PORK LOIN CHOPS, about 3/4" (2 cm) thick	4
	salt, pepper, paprika	
1 Tbsp	canola oil	15 mL
1/2 cup	apple cider (or apple juice)	125 mL
2 Tbsp	maple syrup	25 mL
1 Tbsp	mustard	15 mL
1	small, red skinned apple	1

Season both sides of chops with salt, pepper and paprika. Heat oil in a large non-stick skillet over medium-high heat. Add chops; cook until lightly browned on both sides. Combine cider, maple syrup and mustard; add to skillet. Bring to a boil; stirring up browned bits. Cover; reduce heat. Simmer; stirring occasionally, about 6 to 8 minutes, turning chops once. Meanwhile, core apple and cut into thin 1/2" (1.25 cm) wedges. Remove chops from skillet and keep warm. Bring sauce to a boil and cook, uncovered, about 2 minutes. Add apple wedges and continue to boil gently, stirring, until sauce thickens. Spoon over chops to serve.

YIELD: 4 servings





spicy pork steaks

4	PORK SHOULDER BLADE STEAKS, about 1/2" (1.25 cm) thick	4
1 1/2 Tbsp	paprika	20 mL
1 Tbsp	ground coriander	15 mL
1 1/2 tsp	ground marjoram	7 mL
2 tsp	garlic powder	10 mL
1 tsp	salt	5 mL
3/4 tsp	pepper	4 mL
1/2 tsp	ground cumin	2 mL
1/4 tsp	caraway seeds, crushed	1 mL
1/4 tsp	cinnamon	1 mL
1 Tbsp	grated lemon rind	15 mL

Place pork steaks on a cutting board or waxed paper. Combine remaining ingredients. Rub spice mixture on both sides of steaks, pressing into meat. Preheat barbecue on high; reduce heat to medium. Grill steaks about 12–15 minutes, turning once.

YIELD: 4 servings

marinades

Pork is a naturally tender meat, so marinades are used to add flavour and to help keep meat moist during broiling or grilling. Smaller pieces need at least 30 minutes. Larger cuts (roasts) need at least 8 hours or longer.

- Marinate in the refrigerator
- Never reuse a marinade
- To use a marinade for basting, reserve a small amount before adding the meat **OR** boil a marinade with raw meat juices for at least 5 minutes before basting

Oriental Marinade

1/2 cup/125mL EACH soy sauce,
dry sherry, water
2 Tbsp/25mL liquid honey
2 Tbsp/25mL canola oil
2 cloves garlic, minced

Malaysian Marinade

1 Tbsp/15mL EACH ground coriander,
coarse black pepper, brown sugar
3 Tbsp/45mL soy sauce
2 cloves garlic, crushed

Honey Mustard Marinade

1/4 cup/50mL beer
2 Tbsp/25mL EACH canola oil, honey
Dijon mustard, prepared mustard
1 tsp/5mL coarse black pepper



pork tenderloin

WHOLE PORK TENDERLOIN

- The most lean and tender pork cut
- Roast whole, stuffed, cut into strips, cubes or medallions

to cook:

DRY HEAT* – Roast at 375°F/190°C, uncovered, for 30–35 minutes total cooking time, to medium (155–160°F/68–70°C).



*Recommended, but pork tenderloin may be cooked by any method.

PORK TENDERLOIN PIECES

- Whole tenderloin which has been cut crosswise to form medallions
- Pieces may be “frenched” (flattened) to form thinner pieces



to cook:

DRY HEAT – Panfry, Saute, Broil. Cook to medium.

pork tenderloin roasting guide

(in 375°F/190°C oven)

Weight		Minutes
lbs	kg	
1½–3¼	250–375g	30–35 (total cooking time)

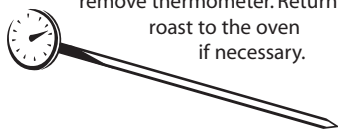
using a meat thermometer

To cook pork to its juicy and flavourful best, use a meat thermometer to determine doneness. Overcooking pork yields tough and dry results. Insert the probe of the thermometer into the thickest part of the roast, not in fat, stuffing or resting against bone.

Oven-Proof Thermometers are inserted before roasting and left in for the entire cooking process.



Instant-Read Thermometers are not oven-proof. Insert to determine temperature near the end of the cooking time. Take the temperature, then remove thermometer. Return roast to the oven if necessary.



Disposable Pop-Up Indicators are for one-time use only. Insert before roasting; leave in for entire cooking time.





roasted tenderloin with vegetables

2	PORK TENDERLOINS, well trimmed, about 0.375kg/12 oz each	2
1	red pepper, thickly sliced	1
1	yellow pepper, thickly sliced	1
2	zucchini, sliced lengthwise	2
1	red onion, cut into 8 wedges	1
1 Tbsp	canola oil	15 mL
1/2 tsp	EACH salt and pepper, combined	2 mL
1/4 cup	apricot or peach jam	50 mL
2 Tbsp	grainy mustard	25 mL
2 Tbsp	cider vinegar	25 mL

Place vegetables on a foil-lined baking sheet (with rims). Sprinkle with oil and half the salt/pepper mixture. Toss to coat well. Push vegetables to sides of the sheet. Place pork tenderloins in the centre of the pan. Combine remaining salt/pepper mixture and remaining ingredients. Brush generously over pork. Roast at 450°F (230°C) for about 25 minutes. Then broil until pork and vegetables are lightly browned. Let pork rest 5 minutes before slicing thickly. Serve on a platter, surrounded by vegetables.

YIELD: 6 servings

pork tenderloin diane

1 lb	PORK TENDERLOIN	0.5 kg
2 tsp	lemon pepper	10 mL
1 Tbsp	butter	15 mL
1 Tbsp	lemon juice	15 mL
1 Tbsp	Worcestershire sauce	15 mL
1 tsp	Dijon mustard	5 mL
1 Tbsp	minced parsley	15 mL

Trim any loose bits from tenderloin. Cut tenderloin into 8 crosswise pieces. Flatten slightly. Sprinkle each piece with lemon pepper. Heat butter in a heavy skillet over medium high heat. Cook medallions about 3–4 minutes per side. Remove from skillet and keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, blending with pan juices until just bubbling. Pour sauce over medallions. Sprinkle with parsley before serving.

YIELD: 4 servings



cutlets, schnitzel & scallopini



CUTLETS

- Thin, well trimmed slices from the loin or leg
- May be mechanically tenderized (delicated)



to cook:

DRY HEAT – Cook quickly in small amount of oil until browned. Do not overcook.

MOIST HEAT – Brown, add liquid, cover pan.



SCHNITZEL & SCALLOPINI

- Very thin, well trimmed slices from the loin or leg
- May be breaded or marinated
- Schnitzel and Scallopini names are often used interchangeably



to cook:

DRY HEAT – Cook quickly in a small amount of oil until browned. Do not overcook.

italian pork cutlets

1 lb	PORK CUTLETS	0.5 kg
1/4 cup	dry bread crumbs	50 mL
1/4 cup	grated Parmesan cheese	50 mL
1/2 tsp	salt	2 mL
1 tsp	Italian seasoning	5 mL
	all purpose flour	
1	egg, beaten with	1
	1 Tbsp/15 mL water	1
2 Tbsp	canola oil	25 mL
	Chopped parsley and lemon wedges	

Combine bread crumbs, Parmesan cheese, salt and Italian seasoning. Dip cutlets in flour to coat; shake off excess. Dip in egg mixture, then coat with bread crumb mixture. Heat oil in a large nonstick skillet over medium-high heat. Saute cutlets until golden brown on both sides. Sprinkle with chopped parsley. Serve with sauteed mushrooms.

YIELD: 4 servings



ground pork

jerk pork burgers

1 lb	LEAN GROUND PORK	0.5 kg
1	egg, beaten	1
1/4 cup	bread crumbs	50 mL
1	lime	1
2	cloves garlic, minced	2
1/2 tsp	cayenne pepper	2 mL
1/4 tsp	EACH nutmeg, cinnamon	1 mL
	red pepper flakes, salt	
4	hamburger or kaiser buns	4

Place pork in a bowl. Add egg and bread crumbs and mix gently to combine. Grate rind from lime and measure out 2 teaspoons (10 mL). Squeeze out 1 tablespoon (15 mL) lime juice. Add peel and juice to pork along with garlic, cayenne, nutmeg, cinnamon, red pepper flakes and salt. Mix lightly with a fork to combine. Form mixture into 4 patties. Preheat barbecue on high. Reduce heat to medium. Grill patties 5–10 minutes per side. Always cook ground pork to well done. Serve in hamburger or Kaiser buns with your favourite condiments.

YIELD: 4 servings

GROUND PORK

- Usually ground from shoulder cuts
- Lean ground pork has 17% fat or less

to cook:

DRY HEAT or **MOIST HEAT** – Any cooking method, depending on recipe. Cook all ground pork to 160°F/70°C.



FRESH PORK SAUSAGE

- Usually ground from shoulder cuts
- Fresh sausages are not cured

to cook:

DRY HEAT – Panfry, roast, broil or barbecue/grill. All fresh sausage must be thoroughly cooked.



ribs

BACK RIBS

- From the loin section
- Meaty and tender
- May be sold with the tail* on

* the small meaty section on the end



to cook:

DRY HEAT – Roast or barbecue.

MOIST HEAT – Braise in sauce in covered roaster **OR** Simmer or steam and finish on the barbecue with sauce.

SIDE RIBS

- Rib section from the belly
- Less meaty than back ribs
- Lower price per lb/kg than back ribs
- Can be cut for sweet and sour ribs



to cook:

DRY HEAT – Roast, broil or barbecue.

MOIST HEAT – Braise in sauce in covered roaster **OR** Simmer or steam and finish on the barbecue with sauce.

COUNTRY STYLE RIBS

- Rib section of the loin
- May be purchased whole or sliced

to cook:

DRY HEAT – Roast or barbecue/grill.

MOIST HEAT – Braise in sauce in covered roaster **OR** Simmer or steam and finish on the barbecue with sauce.



chili maple ribs

4 lb	PORK BACK RIBS OR SIDE RIBS, each strip cut in 1/2	2 kg
2 Tbsp	canola oil	25 mL
1	onion, finely chopped	1
2	cloves garlic, minced	2
3/4 cup	drained canned tomatoes	175 mL
1 cup	chili sauce	250 mL
1/2 cup	maple syrup	125 mL
1/4 cup	Dijon mustard	50 mL
2 Tbsp	red wine vinegar	25 mL
2 Tbsp	Worcestershire sauce	25 mL
1 tsp	salt	5 mL
1/2 tsp	pepper	2 mL
1/4 tsp	red pepper flakes	1 mL

Place ribs in a large pot; add cold water almost to cover. Simmer, covered for 30 minutes or until just tender; drain well and cool. Meanwhile, in saucepan, saute onion and garlic for 3–4 minutes over medium heat or until tender. Press tomatoes through sieve to puree and remove seeds. Add puree, chili sauce, maple syrup, mustard, vinegar, Worcestershire sauce, salt, pepper and red pepper flakes to onion mixture. Simmer, uncovered, for about 15 minutes. Cool. Place ribs in large plastic bag. Pour glaze over ribs. Seal bag tightly; turn to coat ribs. Refrigerate for several hours or overnight, turning bag occasionally to coat ribs. Remove ribs from glaze, reserving glaze. Boil glaze gently for 5 minutes. Grill ribs over medium heat for 10–15 minutes, basting frequently with glaze.

YIELD: 6 servings





grilled country style ribs

3 lb PORK RIBS 1.5 kg
COUNTRY STYLE

Marinade:

1/2 cup	orange juice	125 mL
2 Tbsp	red wine vinegar	25 mL
2 Tbsp	vegetable oil	25 mL
1 Tbsp	minced ginger root	15 mL
	(or 1 tsp/5 mL ground)	
2	cloves garlic, minced	2
1 tsp	dried thyme	5 mL
1/3 cup	plum sauce	75 mL

Place pork in plastic bag or glass baking dish. Combine orange juice, vinegar, oil, ginger, garlic and thyme. Reserve 1/4 cup (50 mL) for basting. Pour remaining marinade over meat; seal or cover and marinate at least 4 hours in the refrigerator. Preheat barbecue on high. Reduce heat to low. Grill meat for 30–45 minutes, depending on thickness, brushing often with reserved marinade and turning two or three times. Brush pork with plum sauce during last 10 minutes of cooking. Remove ribs from grill, cover with foil and let stand 10 minutes before carving. Serve with additional plum sauce, if desired.

YIELD: 6 servings

rubs for ribs *and more!*

A rub is a mixture of dry spices and seasonings spread on the outside surface of the meat. Rub on at least 30 minutes before cooking to allow flavours to penetrate. The longer the rub is left on the meat, the more intense the flavour. Larger pieces of meat, like roasts, should be rubbed and refrigerated several hours or overnight.

Southwestern Rub

5 tsp/25mL **chili powder**
1 1/2 tsp/7mL **oregano**
3/4 tsp/4mL **ground cumin**
1 tsp/5mL **garlic powder**

Jamaican Jerk

1 Tbsp/15mL **dried minced onion**
1 1/2tsp/7mL **garlic powder**
2 tsp/10mL **crushed thyme**
1 tsp/5mL **EACH salt, pepper, allspice**
1/4 tsp/1mL **EACH nutmeg, cinnamon**
1 1/2 tsp/7mL **sugar**
1/2tsp/2mL **cayenne**

Oriental

1 Tbsp/15mL **EACH onion powder, garlic powder, paprika, dry mustard, ground ginger**
1 1/2 tsp/7mL **black pepper**
1 tsp/5mL **five spice powder**



cubes, strips & satays

CUBES

- Well-trimmed pieces from the loin, leg or shoulder
- Used for kabobs or stew

to cook:

DRY HEAT – Broil or Barbecue/Grill for Kabobs.

MOIST HEAT – Stew or braise for stews.



STRIPS and SATAYS

- Thin, well-trimmed pieces from the loin, leg or shoulder
- Satays are threaded onto skewers

to cook:

DRY HEAT – Strips: stirfry. Satays: season or marinate. Broil or Barbecue/Grill.



thai noodles with pork

1 lb	LEAN PORK STRIPS	0.5 kg
2 Tbsp	EACH olive oil, soy sauce, white wine vinegar, peanut butter	25 mL
1 Tbsp	honey	15 mL
1 Tbsp	chopped ginger root	15 mL
1/4 tsp	red pepper flakes	1 mL
2 tsp	EACH canola oil, sesame oil	10 mL
1	sweet red or green pepper, cut in strips	1
8	green onions, bias sliced in 1/2" (1.25 cm) lengths	8
4 oz	fine egg noodles, cooked	125 g
1/4 cup	coarsely chopped cashews or peanuts	50 mL

Combine olive oil, soy sauce, vinegar, peanut butter, honey, ginger and red pepper flakes. Mix until smooth (a blender works best). Heat canola and sesame oils in a skillet over medium-high heat. Add red or green pepper strips and green onions; stir fry about 1–2 minutes or until onions are tender crisp. Remove from pan. Add pork strips to skillet. Stir fry for 2–3 minutes or until cooked through. Return vegetables to skillet; add cooked noodles. Cook and stir about 1 minute or until heated through. Remove from heat. Pour dressing mixture over and toss lightly. Sprinkle with nuts before serving.

YIELD: 4 servings





easy oven goulash

2 lbs	PORK SHOULDER BLADE, well-trimmed, cut in 1 1/2" (4 cm) cubes	1 kg
2	onions, chopped	2
2	cloves garlic, minced	2
2 tsp	salt	10 mL
1/4 cup	tomato paste	50 mL
2 Tbsp	paprika	25 mL
1/2 tsp	pepper	2 mL
14 oz	can sauerkraut, rinsed and drained	398 mL
1 tsp	caraway seeds	5 mL
1/2 cup	low fat or fat-free sour cream	125 mL

Place pork cubes and onions in a heavy Dutch oven or small enamel roaster. Crush garlic and salt with the back of a spoon to form a paste. Combine with tomato paste, paprika and pepper. Spread paste over pork cubes and stir to coat well. Cover and roast in the oven at 325°F(160°C) for 1 1/2 hours. Remove from oven and stir in sauerkraut and caraway seeds. Cover and return to oven for 45–60 minutes, until pork is very tender.

Remove from oven. Stir in sour cream. Serve with egg noodles.

YIELD: 6–8 servings

orange-glazed pork satays

1 lb	BONELESS PORK LOIN STRIPS	0.5 kg
3/4 cup	plum sauce	175 mL
1/3 cup	frozen orange juice concentrate, thawed	75 mL
1/3 cup	cider vinegar	75 mL
1 Tbsp	sesame oil	15 mL
1/2 tsp	salt	2 mL
1/4 tsp	crushed red pepper flakes	1 mL

Thread pork strips on small skewers, folding in thin ends. Combine remaining ingredients. Reserve half for dipping sauce. Pour remainder of mixture over pork strips. Cover and refrigerate 2–24 hours, turning occasionally. Drain pork, reserving marinade. Boil marinade gently for 5 minutes. Preheat barbecue on high. Reduce heat to medium. Grill pork, 5 to 7 minutes, turning and basting with marinade. Alternatively, broil 3–5" (8–15 cm) from heat for 5 to 7 minutes, turning and basting with marinade.) Serve with reserved dipping sauce.

YIELD: 4 servings

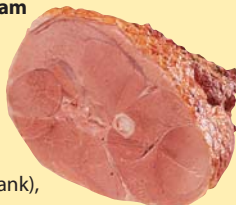


hams, bacon, etc.

LEG CUTS

Cooked Smoked Ham

- May be bone-in or boneless
- Whole leg is cured, smoked and fully cooked
- Sold as whole, halves (butt or shank), centre cut steaks



Boneless Whole Muscle Ham

- Very lean; low moisture content
- Skinless, boneless whole leg is cured and molded into a “football” shape, smoked and fully cooked
- Sold as whole, halves, quartered or deli slices

Toupie Style Ham

- Same as boneless whole muscle ham but higher moisture content

Ham Nugget

- Lean; low moisture content
- Selected leg tip muscles are cured and pressed into small round shapes, smoked and fully cooked
- Sold whole or in halves

Dinner Ham

- Boneless, high moisture content
- Selected lean pieces are cured, formed in a cylindrical shape, smoked and fully cooked

to cook (all of the above):

DRY HEAT – Serve as purchased or heat at 325°F/160°C for 15 minutes per lb/0.5kg.
Steaks – BBQ/grill, panfry or broil.

SHOULDER CUTS

Smoked Pork Shoulder Picnic

- Bone-in or boneless; skin on
- Cured and smoked, fully cooked

to cook:

Roast at 325°F/160°C for 15 min lb/0.5kg

OR Simmer in water, covered, to reheat.



Cottage Rolls

- Selected boneless shoulder blade
- May be “sweet pickled” (raw) or “smoked” (fully cooked)

to cook:

For uncooked pieces, cover with water; simmer in covered pot for 1–1 1/2 hours.

LOIN CUTS

Peameal Back Bacon

- Selected boneless loins cured in a “sweet pickle” brine, then rolled in cornmeal
- Sold whole or sliced
- Usually uncooked. May be smoked and fully cooked

to cook:

Roast (dry or moist heat) larger pieces; panfry, broil, or BBQ/grill slices.



Smoked Back Bacon

- Cured and smoked, fully cooked
- Available whole, or in thick or thin slices

to cook:

Panfry, BBQ/grill or broil slices; roast larger pieces with dry heat.

Smoked Loin Chops (Kassler)

- Cured and smoked, fully cooked

to cook:

Panfry, broil, BBQ/grill.

BELLY CUTS

Side Bacon

- Selected bellies are cured and smoked, fully cooked
- Usually sliced and packaged but may be sold as a whole slab



Side Pork

- Not cured or smoked
- Sold in slab or slices

Salt Pork

- Cured and sold fresh

Smoked Side Ribs

- Cured and smoked, fully cooked





glazed ham with maple rum sauce

3–5 lb	HAM	1.5–2 kg
1/3 cup	maple syrup	75 mL
1/4 cup	amber rum	50 mL
1/2 cup	beef broth	125 mL
2 tsp	Dijon mustard	10 mL

Combine maple syrup and rum; brush on ham frequently during last 30–45 minutes (see 'cooking a ham' below). Remove ham from pan. Skim any fat from pan juices. Add beef broth, Dijon mustard and any remaining glaze to roasting pan. Simmer, scraping up any browned bits, adding water if necessary. Serve with ham.

cooking a ham

Most hams are fully cooked. However, the flavour and juiciness will be enhanced by additional cooking. Roast in an uncovered pan at 325°F (160°C) for 15 minutes per lb/ 0.5 kg or until a meat thermometer registers 140°F (60°C). If desired, brush or coat with glaze during the last 15–30 minutes.

To roast a small formed ham piece, place it cut side down in a small roasting pan. Add a small amount of water. Cover loosely with aluminum foil and roast at 325°F (160°C) for about 1 hour or until heated through.

ham glazes

Mustard Glaze

3 Tbsp/45 mL **Dijon mustard**
2 Tbsp/25 mL **brown sugar**
2 tsp/10 mL **orange juice or white wine**

Combine and brush over ham during last 15–30 minutes.

Honey Mustard Glaze

2/3 cup/150 mL **honey**
1/3 cup/75 mL **Dijon mustard**
1/4 tsp/1 mL **ground cloves**

Combine and brush over ham during last 15–30 minutes.

Brown Sugar Glaze

1 cup/250 mL **brown sugar**
1 tsp/5 mL **dry mustard**
2–4 Tbsp/25–50 mL **vinegar**

Combine and brush over ham during last 15–30 minutes.

Easy-as-Pie Glaze

Brush one of the following over ham during last 15–30 minutes:
orange marmalade, apricot jam, maple syrup, carbonated lemon-lime beverage, melted red currant or crabapple jelly.





Quality Production = Quality Food

Canadian pork is of the highest quality, produced by farmers committed to providing wholesome and safe food for consumers here at home and around the world.

To maintain the high quality of Canadian pork, the pork industry developed and launched the Canadian Quality Assurance® program, a proactive on-farm program to ensure food safety.

The CQA® program



- Is a practical, on-farm food safety program that outlines protocols for feed mixing, medication use and detailed record keeping.
- Is based on HACCP (Hazard Analysis Critical Control Points) – an international science-based approach to food safety.
- Requires participating farms to be validated annually by program-trained validators.
- Is an industry-driven program of the Canadian Pork Council and its provincial affiliates.



For more delicious recipes & information call:

PEI Pork
(902) 892-4201
www.peipork.pe.ca

Porc NB Pork
(506) 458-8051
office@porcnbpork.nb.ca

Pork Nova Scotia
1-800-565-PORK(7675)
www.pork.ns.ca