



# COOKING PORK TO PERFECTION



PORK CUT	BEST COOKING METHOD	END TEMP °F	STAND TIME*	VISUAL DESCRIPTION	TIPS/FUN IDEAS	CHECK OUT THESE RECIPES!
Chops/Steaks	Grill	145°	3 min.	Medium Rare <i>(warm, dark-pink center)</i>	<i>Cut a slit into side of chops to form a pocket and stuff with your favorite ingredients.</i>	<a href="#">Spicy Grilled Chops</a> <a href="#">Garlic Rosemary Grilled Chops</a>
Grilling Filet	Grill	150°	3 min.	Medium Rare <i>(warm, dark-pink center)</i>	<i>After grilling, slice very thinly (against the grain) and serve for fajitas or sub sandwiches.</i>	
Bacon-Wrapped Pork Filet	Grill	155°	3 min.	Medium <i>(pink and firm center)</i>	<i>Don't have a grill? We recommend using a skillet on the stovetop. Once the filet's internal temperature reaches 150°F, hold it with tongs to cook bacon crisp around the edges.</i>	<a href="#">Grilled Pork Filets with Mango Tequila Sauce</a>
Tenderloin	Grill	145° to 155°	10 min.	Medium Rare <i>(warm, dark-pink center)</i> to Medium <i>(pink and firm center)</i>	<i>How about kabobs? Cut the tenderloin into cubes and marinate in your favorite seasoning. Then thread the cubes on metal skewers along with veggies and grill for a colorful meal. Let people build their own kabobs for added hands-on fun! Great for a party too!</i>	<a href="#">Key Lime Kabobs</a> <a href="#">Lemon Garlic Pork Tenderloin</a>
Loin Roast	Oven Roast	145° to 155°	15 min.	Medium Rare <i>(warm, dark-pink center)</i> to Medium <i>(pink and firm center)</i>	<i>Like really thick pork chops? Slice the Loin Roast into chops and freeze in packages.</i>	<a href="#">Pork Loin Roast with Peachy Salsa</a> <a href="#">Marinated Pineapple Pork Loin</a>
Loin Filet	Oven Roast	145° to 155°	10 min.	Medium Rare <i>(warm, dark-pink center)</i> to Medium <i>(pink and firm center)</i>	<i>A Loin Filet is actually a center-cut pork loin that has been sliced in half lengthwise. It is perfect roasted whole, or it can be sliced into medallions and cooked in a skillet with a sauce.</i>	
Sirloin Roast	Oven Roast	160°	15 min.	Medium <i>(pink and firm center)</i>	<i>Cut roast into thin strips or cubes and stir-fry with your favorite vegetables and sauces.</i>	<a href="#">Garlic Sage Sirloin Tip Roast</a>
Picnic Cushion	Oven Roast	160°	15 min.	Medium <i>(pink and firm center)</i>	<i>The Picnic Cushion may also be cooked in a slow cooker on low for 8 to 10 hours (high: 4 to 6 hours). Season with barbecue or enchilada sauce before cooking, and turn it into pulled pork for sandwiches, pizza, quesadillas or burritos.</i>	<a href="#">Southwestern Breakfast Pork Burrito</a>
Steamship Picnic Roast	Oven Roast	160°	30 min.	Medium <i>(pink and firm center)</i>	<i>This can also be cooked in an oven bag for a super-moist roast. And you'll have plenty of juices left to make delicious pan gravy.</i>	<a href="#">Steamship Pork with Whiskey-Cola Glaze</a>
Pork Shoulder	Smoke or Slow Cook	190°	15 min.	Well Done <i>(falls apart when pulled with fork)</i>	<i>Pulled Pork is not just for BBQ! Stir in salsa or enchilada seasoning and make burritos, enchiladas, tacos or quesadillas.</i>	<a href="#">Cajun BBQ Pulled Pork</a>
Steamship Leg of Pork	Oven Roast	160°	30 min.	Medium <i>(pink and firm center)</i>	<i>One of the best parts of cooking this roast is the meat drippings that can be made into a rich pork gravy to top mashed potatoes!</i>	<a href="#">Pork Pan Gravy</a>

\*Why is there a stand time?

Letting pork rest results in juicier meat. That's because juices rise to the surface during cooking. When pork stands, the juices can settle and return to the center. If you slice too soon, you'll allow most of the juices to run out, creating dry meat – and no one likes that.