Today's Pork: Cooking Times and Temperatures

Method	Cut	Thickness/ Weight	Final Internal Temperature *(Fahrenheit)*	Total Cooking Time *(Minutes)*
Roasting Roast at 350° F. Roast in a shallow pan, uncovered	Loin Roast*, Bone-in or Boneless	2-5 lbs.	150°	20 per pound
	Crown Roast*	6-10 lbs.	150°	20 per pound
	Fresh Leg/Uncured Ham*	3 ½ lbs.	150°	20 per pound
	Shoulder Butt*	3-6 lbs.	160°	30 per pound
	Tenderloin* *(roast at 425°- 450°)*	½ - 1 ½ lbs.	160°	20-30
	Ribs	--	Tender	1 ½ - 2 hours
	Ham, Fully Cooked	5-6 lbs.	140°	20 per pound
Broiling 4 inches from heat or **Grilling** over direct heat	Loin Chops, Bone-in or Boneless	¾ inch	160°	8-10
	Thick Chop	1 ½ inches	160°	12-16
	Kabobs	1 inch cubes	Tender	10-15
	Tenderloin*	½ to 1 ½ lbs.	160°	15-25
	Ribs *(grill over indirect heat)*	--	Tender	1 ½ - 2 hours
	Ground Pork Patties	½ inch	160°	8-10
Barbecue over indirect heat	Loin Roast*, Bone-in or Boneless	2-5 lbs.	160°	20 per pound
	Leg	3 ½ lbs.	160°	40 per pound
	Shoulder Butt	3-6 lbs.	160°	45 per pound
	Ribs	--	Tender	1 ½ - 2 hours
Sautéing Add a little fat to pan; sauté over medium-high heat	Cutlets	¼ inch	Tender	3-4
	Loin Chops, Bone-in or Boneless	¾ inch	160°	7-8
	Tenderloin Medallions	¼ - ½ inch	Tender	4-8
	Ground Pork Patties	½ inch	160°	8-10
Braising Cook, covered, with a liquid at a simmer	Chops or Cutlets	¼ inch – 1 inch	160°	8-15
	Cubes	1 inch	Tender	8-10
	Tenderloin Medallions	½ inch – ¾ inch	160°	8-10
	Shoulder Butt	3-6 lbs.	Tender	2 – 2 ½ hours
	Ribs	--	Tender	1 ½- 2 hours
Stewing Cook, covered, with liquid at a slow simmer	Ribs	--	Tender	2 – 2 ½ hours
	Cubes	1 inch	Tender	45 – 1 hour

Pork today is very lean and shouldn't be overcooked. The best test of doneness is to use an instant-read meat thermometer to check the internal temperature of your pork. We recommend cooking pork chops, roasts and tenderloins to 160 degrees 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 or grill and allow to set for 10 minutes before slicing. The temperature of the roast will continue to rise to 160° and the pork juices will redistribute throughout the roast before slicing. If marked above by **, the cut should be cooked until tender.*

Courtesy of the National Pork Board. www.otherwhitemeat.com