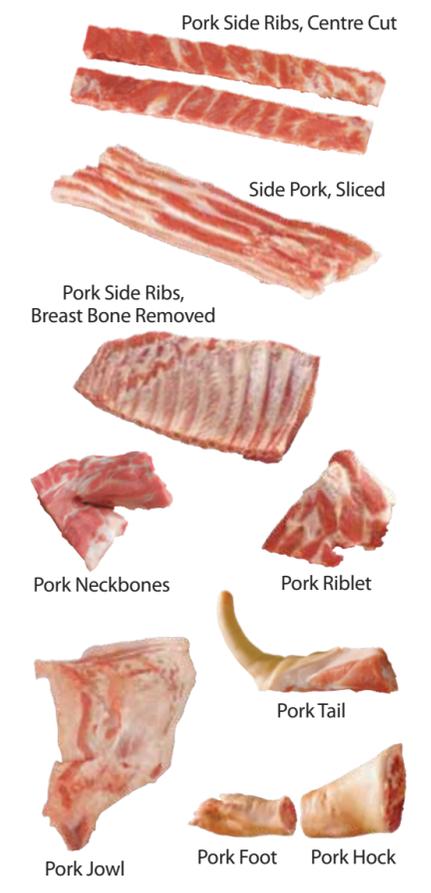
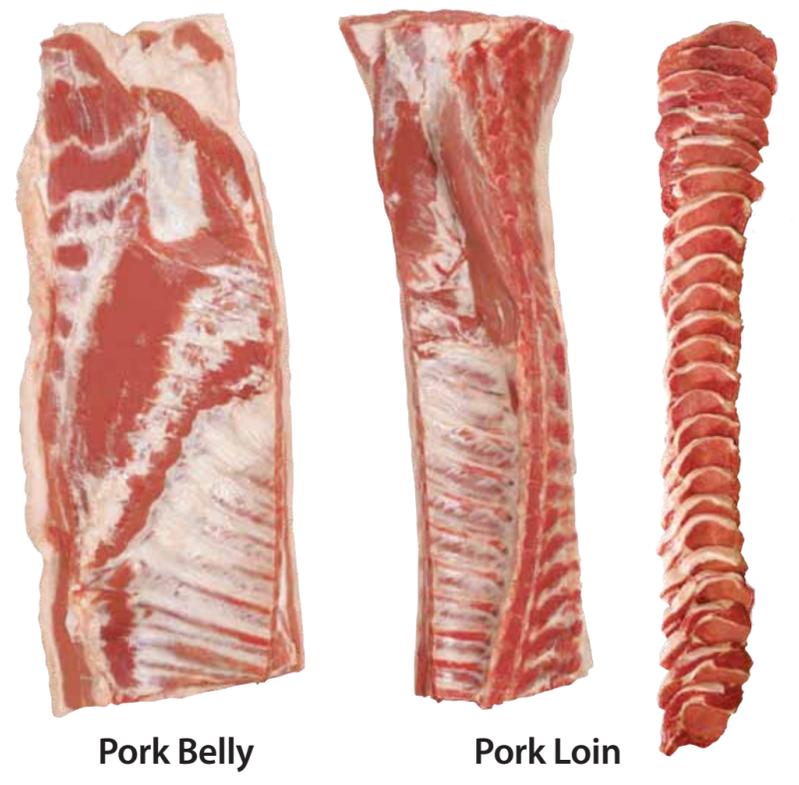
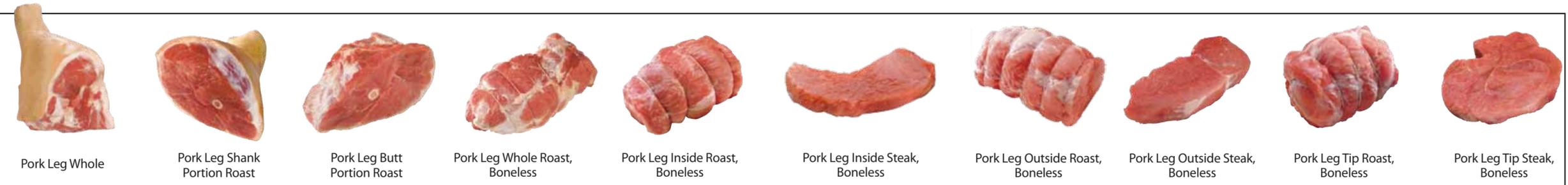


# CANADIAN FRESH PORK CUT CHART

## MISCELLANEOUS



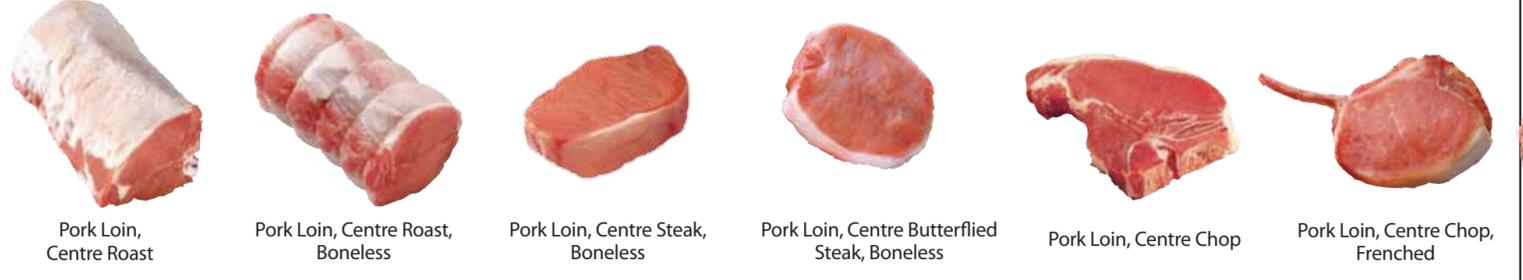
## LEG CUTS



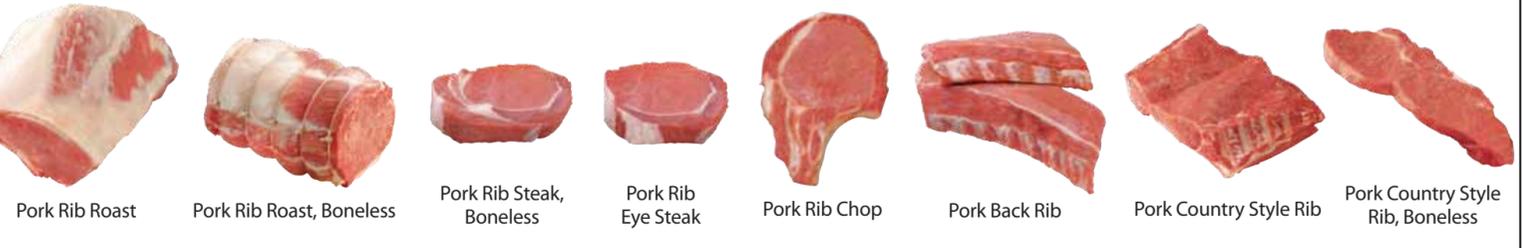
## SIRLOIN CUTS



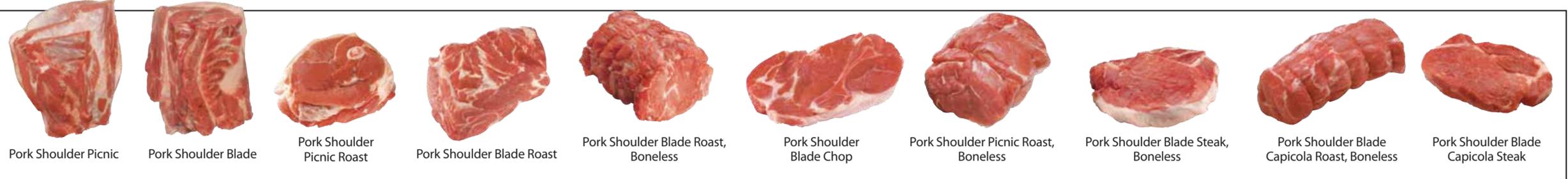
## CENTRE LOIN CUTS



## RIB CUTS



## SHOULDER CUTS



## SPECIALTY CUTS





Fresh Canadian pork consumers are demanding boneless, well-trimmed pork products that offer good value for their dollar. This chart offers up-to-date information about the latest development in cuts, cooking and nutrition.

### Pork is lean.

All trimmed cuts of pork, except ribs, qualify as a lean or extra lean source of protein as recommended by Canada’s Food Guide.

# TRY FRESH CANADIAN PORK

## Characteristics of Pork Cuts

Pork cuts come from four main areas: Loin, Leg, Shoulder and Belly. A variety of cuts are derived from each area.

### Loin

The loin forms the back of the carcass. Attached to it are back ribs and the tenderloin. Once these are removed what is left is the main muscle, which is divided into three sections: the rib portion (closest to the shoulder), centre, and sirloin. The loin muscle is very tender and lean throughout, which is why it yields premium-priced cuts. Ideally, loin cuts are cooked by dry heat methods: roasting, grilling or pan frying. (See Cooking Methods section).

### Leg

The leg can be merchandised whole or cut into three muscles: inside, outside and tip. Each of these has its own characteristics, with the inside being the most tender. The eye forms part of the outside. Leg cuts can be cooked by dry heat methods, particularly in the case of schnitzels, but are best suited to moist heat methods; braising, for example. Leg cuts are lean, economical and a good choice for marinating.

### Shoulder

The shoulder is divided into two sections: the blade and the picnic. The blade portion (closest to the loin) is the more popular retail cut; the picnic is usually merchandised as economical roasts, chops or is used to make ground pork and sausages. The capicola is the boneless, well-trimmed eye of the blade. Moist heat cooking for both cuts produces excellent results, but dry heat cooking can be used as well.

### Belly

The belly is the section from which we get side ribs and side bacon as well as a variety of other further processed pork products such as pancetta (Italian style bacon) and salt pork.

### Specialty Cuts

In addition to the traditional pork roasts, chops and ribs, specialty cuts such as pre-breaded schnitzels, cutlets, cubes, strips and stuffed roasts are becoming more popular.

# ...AND TASTE THE DIFFERENCE.

## Cooking

Pork is full of flavour, tender and very versatile. It has a natural affinity for a wide variety of accompanying flavours, from assertive BBQ ribs to subtle herbal accents, as well as the traditional pairing with fruits of all sorts. The sweet mildness of pork can be adapted to a huge range of recipes and all cooking styles; your options are as varied as your imagination allows.

Improved production methods have resulted in leaner pork and no longer has to be cooked to well-done. For example, loin cuts can be cooked to an internal temperature of 160°F (71°C). Your choice of cooking method depends on the pork cut, personal preference and time available.

### Dry Heat Cooking Methods

**Roasting** is suitable for larger cuts. The meat is cooked uncovered on a rack in a roasting pan. For best results, cook in a pre-heated oven at a temperature of 325°F (160°C); the tenderloin can be cooked at 375°F (190°C).

To check doneness, insert a food thermometer into the centre or thickest part of the roast away from fat or bone. Remember to allow for a 5°F (3°C) rise in temperature after removal from the oven, cook shoulder roasts to an internal temperature of 175°F (80°C), leg and loin roasts to 160°F (71°C). Cover loosely with foil and let stand 10–15 minutes before carving. All ground meat, including sausages, must be cooked to 160°F (71°C).

**Broiling** is suitable for smaller cuts. Place pork on a rack in a broiler pan or shallow baking pan 3” to 5” (7.5 cm to 12.5 cm) from heat. Broil until pork is brown on one side, turn and broil other side until done. Season each side after browning.

**Pan Frying** requires adding oil to a skillet and cooking at high heat until the surface is golden brown. Reduce heat to medium and cook until meat is reasonably firm. Use a non-stick skillet to reduce or eliminate added oil.

**Stir-Frying** is a form of pan frying. Food is cooked in a wok or skillet over very high heat with very little oil. Simply toss ingredients rapidly with a spatula.

**Grilling** is an excellent, low fat cooking method. Whether grilling steaks, chops, ribs or roasts, pork will always be moist as long as it is not overcooked. Pre-heat barbecue to high and then reduce to medium.

Use tongs, not a fork, to turn meat to avoid losing precious juices. When brushing on sauce, do so in the final 10-15 minutes to eliminate flare-ups and to prevent sauces containing sugar from caramelizing and burning.

### Moist Heat Cooking Methods

**Braising** is used most often for shoulder and leg cuts. Use a small amount of liquid. Simmer, covered, over low heat or in a 325°F (160°C) oven. Additional liquid may be added during cooking. Meat is ready when tender and easily pierced with a fork.

**Stewing** is used for smaller pieces of pork. The meat is seared first very high heat, then covered with liquid and simmered, over low heat on the stove top, or in an oven at 325°F (160°C) until the meat is tender.

### Pork Roasting Guide

These are guidelines only; for greater accuracy use a food thermometer whenever possible.

Cut	Pork Roast	lbs	kg	min/lb @ 325°F (160°C)
Loin	centre, bone in rack	3–5	1.5–2.2	20–25
	sirloin, boneless single loin,	3–4	1.5–1.8	25–30
	boneless 3–4	1.5–1.8	20–25	
	rib, boneless	2–4	1.0–1.8	20–25
	crown roast	8.0 & up	3.5 & up	10–15
	double loin	3–5	1.5–2.2	30–35
Leg	inside	3–4	1.5–1.8	20–25
	outside	3–4	1.5–1.8	20–25
Shoulder	blade, boneless	3–6	1.6–2.7	30–35
	picnic, boneless	3–6	1.6–2.7	30–35
	blade, bone-in	5	2.2	25–30
	picnic, bone-in	5	2.2	25–30
Tenderloin	roast at 375°F (190°C)	3/4-1	375-500 g	25–30 total time

## Storage and Handling

### Storage Tips

The following are some handy tips for the proper storage of fresh pork. Keep in mind that these are general guidelines; always read the label and check “packaged on” or “best before” dates. If properly stored, pork can be easily frozen for later use and then defrosted in the refrigerator or microwave.

Meat defrosted in the microwave should be cooked immediately.

- Pork cuts wrapped in plastic can be frozen as purchased for up to two weeks.

- For prolonged frozen storage use moisture-proof, airtight packaging to prevent moisture loss and freezer burn; label and date packages.

- Remove as much air as possible from freezer bags before sealing.
- Cover sharp bones with extra protection before wrapping so that the bones don’t poke a hole through the package.

- Freezer burn is caused by loss of moisture on the food surface. Freezer burned meat has a dry, discoloured surface, and when cooked, is tough and tasteless.

- It is not recommended to freeze processed products such as ham.

### The “Three C’s” for Meat Handling

1. Keep it CLEAN
2. Keep it COLD
3. Keep it COVERED

When in doubt, throw it out! If you discover something in the refrigerator that you have forgotten about, don’t taste it! If any meat looks or smells suspicious, throw it out!

### Pork Storage Time Chart

#### Fresh Pork

Product	Refrigerator 36-40°F / 2-4°C (days)	Freezer 0°F / -18°C (Months)
Roasts, Steaks, Chops	2–3	8–10
Ground Pork	1–2	1–3
Sausage	2–3	2–3
Variety Meat	1–2	3–4

#### Processed Pork

Product	Refrigerator 36-40°F / 2-4°C (days)	Freezer 0°F / -18°C (Months)
Sausage, smoked dry/semi dry	3–7	1–2
Ham*	3–4	N/R
Bacon*	7	1
Cold Cuts*	3–5	N/R
Leftover Cooked Pork**	4–5	2–3

N/R — Not Recommended

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

\*\* Leftover cooked pork should be cooled, uncovered, at room temperature, then covered tightly and refrigerated or placed in a freezer within an hour of cooking.

## Nutrition Profile

Eating Well with Canada’s Food Guide recommends choosing leaner cuts of meat more often. Lean meats, like pork, are an important dietary source of protein, iron, zinc and B-vitamins.

**Protein** is important for building, repairing and maintaining body tissues as well as to keep our immune system strong. Pork is a high-quality protein since it contains all nine essential amino acids. Essential amino acids must be supplied by the diet because the body cannot make or store them.

**Iron** plays a critical role in providing energy, fighting off infections and in thinking and learning. Iron in meat is better absorbed than iron found in vegetables.

**Zinc** is essential for building genetic material, proteins, cell development as well as fighting infections and keeping your bones strong.

**Vitamin B12** is found only in foods from animals. It helps to build red blood cells, ensure healthy cell function and nervous tissues.

**Vitamin B6** is important for energy production and the central nervous system.

**Thiamin or Vitamin B1** plays a role in digestion as well as building and maintaining healthy nerves and muscles. Pork is the best dietary source of Thiamin!

**Riboflavin or Vitamin B2** helps build and repair body tissues and maintains healthy skin and eyes.

### Nutrition Information

For an average 100 g raw, trimmed serving of pork

**Energy**..... 139 Cal or 580 kJ

**Fat**..... 5.0 g

**Protein**..... 22 g

**Carbohydrate**.... 0 g

### Lean Pork Choices

Pork Cut	Energy	Protein	Fat	Carbo-hydrates
Pork Tenderloin	125 Cal (523 kJ)	24 g	2.5 g	0 g
Pork Leg Inside	121 Cal (506 kJ)	21 g	3.3 g	0g
Pork Loin, Centre*	129 Cal (540 kJ)	23 g	3.6 g	0 g
Pork Sirloin*	141 Cal (590 kJ)	22 g	5.3 g	0 g
Pork Shoulder Blade	149 Cal (623 kJ)	21 g	6.6 g	0 g
Pork Rib Portion	172 Cal (720 kJ)	22 g	8.8 g	0 g
Lean Ground Pork	217 Cal (908 kJ)	19 g	15 g	0 g

\* boneless

Based on average 100 g raw, trimmed serving.

Source: Canadian Nutrient File, Health Canada, 2005

Fat - 7.5 g/100 g extra lean ground pork, 15 g/100 g lean ground pork.

Canadians often consider chicken breast to be their only lean choice. However, pork tenderloin is as lean as boneless, skinless chicken breast. In fact, there are a variety of pork cuts that are leaner than boneless, skinless chicken thigh.

