

CANADIAN

Fresh Pork

CUT CHART



PORK LEG WHOLE 	PORK LEG SHANK - PORTION ROAST 	PORK LEG BUTT - PORTION ROAST 	PORK LEG WHOLE ROAST, BONELESS 	PORK LEG INSIDE ROAST, BONELESS 	PORK LEG INSIDE STEAK, BONELESS 	PORK LEG OUTSIDE ROAST, BONELESS 	PORK LEG OUTSIDE STEAK, BONELESS 	PORK LEG TIP ROAST, BONELESS 	PORK LEG TIP STEAK, BONELESS 	SPECIALTY CUTS								
PORK BELLY 	PORK LOIN 	PORK SIRLOIN CHOPS 	PORK SIRLOIN ROAST 	PORK SIRLOIN ROAST, BONELESS 	PORK SIRLOIN STEAK, BONELESS 	PORK SIRLOIN CHOP 	PORK TENDERLOIN 	PORK TENDERLOIN, BACON WRAPPED 	PORK TENDERLOIN ROAST, STUFFED 	PORK PATTIE, BREADED 	PORK LEG INSIDE, SCALOPINI 	PORK LEG INSIDE, SATAY 	PORK LEG CUTLET, DELICATED 	PORK SAUTE CUBES 	PORK LEG CUTLET, DELICATED, STUFFED, SPICED, CUSHION OF PORK 			
PORK LOIN, CENTRE ROAST 	PORK LOIN, CENTRE ROAST, BONELESS 	PORK LOIN, CENTRE STEAK, BONELESS 	PORK LOIN, CENTRE BUTTERFLIED STEAK, BONELESS 	PORK LOIN, CENTRE CHOP 	PORK LOIN, CENTRE CHOP, FRENCHED 	PORK LOIN, CENTRE ROAST, BONELESS, STUFFED 	PORK LOIN CENTRE STEAK, BONELESS, STUFFED 	PORK RIB ROAST 	PORK RIB ROAST, BONELESS 	PORK RIB STEAK, BONELESS 	PORK RIB EYE STEAK 	PORK RIB CHOP 	PORK BACK RIB 	PORK RIB COUNTRY STYLE 	PORK RIB COUNTRY STYLE, BONELESS 	PORK RIB CROWN ROAST, STUFFED 	PORK RIB CROWN ROAST, BONELESS, STUFFED 	PORK RIB ROAST, RACK
PORK SHOULDER PICNIC 	PORK SHOULDER BLADE 	PORK SHOULDER PICNIC ROAST 	PORK SHOULDER BLADE ROAST 	PORK SHOULDER BLADE ROAST, BONELESS 	PORK SHOULDER BLADE CHOP 	PORK SHOULDER PICNIC ROAST, BONELESS 	PORK SHOULDER BLADE STEAK, BONELESS 	PORK SHOULDER BLADE CAPICOLA ROAST, BONELESS 	PORK SHOULDER BLADE CAPICOLA STEAK 	LEAN GROUND PORK 	PORK PATTIE 	PORK SAUSAGE 	PORK BRAISING CUBES 	PORK MEAT BALLS 	PORK KABOB 			

FOR MORE INFORMATION CONTACT:



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Fresh Canadian Pork Consumers are demanding boneless, well-trimmed Pork products that offer good value for their dollar. This chart has been developed to provide up-to-date information about the latest development in cuts, cooking and nutrition.

Pork is lean.
"The Heart and Stroke Foundation recognizes Pork is a healthy choice."
All trimmed cuts of Pork, except ribs, qualify as lean or extra lean.

Try Fresh Canadian
PORK
...and taste the difference.

For more information contact:



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 loins 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 schnitzel, cutlets, cubes, strips, and stuffed roasts are becoming more popular.

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 rubs 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. Pork no longer has to be cooked to well done. For example, loin cuts can be cooked to an internal temperature of 160°F (70°C). Your choice of cooking method depends on the Pork cut, personal preference and time available.

DRY HEAT COOKING METHODS

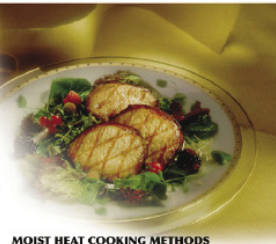
ROASTING is suitable for larger cuts. The meat is cooked, uncovered, on a rack in a roasting pan. For best results, cook in a pre-heated oven at a temperature of 325°F (160°C); the tenderloin can be cooked at 375°F (190°C). To check doneness, insert a food thermometer in centre or thickest part of meat away from fat or bone. Remembering to allow for a 5°F (3°C) rise in temperature after removal from the oven, cook shoulder roasts to 175°F (80°C), leg roasts to 160°F (70°C) and loin roasts to 160°F (70°C). Cover loosely with foil and let stand for 10-15 minutes before carving. All ground meat, including sausages must be cooked to 160°F (70°C).

BROILING is suitable for smaller cuts. Place Pork on rack in 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 broiling.

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 a sauce, do so in the final 10 to 15 minutes to eliminate flare-ups and to prevent sugar-containing sauces 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.

STEAMING is used for smaller pieces of Pork. The meat is seared first over high heat, then covered with liquid and simmered, over low heat or in a 325°F (160°C) oven 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/h @ 325°F (160°C)
Loin	centre, bone in	3-5	1.5-2.2	20-25
	rack	3-5	1.5-2.2	20-25
	sirloin, boneless	3-4	1.5-1.8	25-30
	single loin, boneless	3-4	1.5-1.8	20-25
	rib, boneless	2-4	1.0-1.8	20-25
	crown roast	8.0 lb up	3.5 kg up	18-15
Leg	double loin	3-5	1.5-2.2	30-35
	inside	3-4	1.5-1.8	20-25
Shoulder	blade, boneless	3-4	1.5-1.8	20-25
	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)	1/2-3/4	250-350g	25-30 total fat

Refrigeration and Freezing

The Pork Storage Time Chart gives recommended storage times for refrigeration and freezing.

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 easily be 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 that looks or smells suspicious, throw it out!

Pork Storage Time Chart

Product	Refrigerator (36-48°F / 2-9°C)		Freezer (0°F / -18°C)	
	days	months	days	months
FRESH				
Roasts, steaks, chops	2-3	0-10	3-4	3-12
Ground Pork	1-2	1-3	3-4	3-12
Sausage	2-3	2-3	3-4	3-12
Variety meat	1-2	1-3	3-4	3-12
PROCESSED				
Sausage, smoked/dry/semi dry	3-7	1-2	3-4	3-12
Ham*	3-4	N/R	3-4	3-12
Bacon*	7	1	3-4	3-12
Cold cuts*	3-5	N/R	3-4	3-12
Leftover cooked Pork**	4-5	2-3	3-4	3-12

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 freezer within an hour after cooking.

Nutrition Profile

Canada's Food Guide to Healthy Eating 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 9 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 only found 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 energy 100g raw, trimmed serving of Pork	
Energy	139 Cal or 580 kJ
Fat	5.0g
Protein	22g
Carbohydrate	0g

Lean Pork Choices

Pork Cut	Energy	Protein	Fat	Carbohydrate
	kCal	g	g	g
Pork Tenderloin	125 Cal (524kJ)	24g	2.5g	0g
Pork Leg Inside	121 Cal (504kJ)	21g	3.3g	0g
Ground Pork	129 Cal (540kJ)	23g	3.4g	0g
Pork Sirloin*	141 Cal (590kJ)	22g	3.3g	0g
Pork Shoulder Blade	149 Cal (623kJ)	21g	6.4g	0g
Pork Rib Portion	172 Cal (720kJ)	22g	8.8g	0g
Lean Ground Pork	217 Cal (908kJ)	19g	15g	0g

* Boneless
Based on average 100g (raw, trimmed serving)
Source: Canadian Nutrition File, Health Canada, 2009.
Fat: 7.5g / 100g extra lean ground pork, 1.5g / 100g lean ground pork

The Heart and Stroke Foundation's Health Check™ program promotes making wise food choices at the grocery store and is based on Canada's Food Guide to Healthy Eating. Foods that qualify for the program must meet specific nutrient criteria for different food categories. All trimmed pork cuts, except ribs, qualify as "lean" or "extra lean" and therefore qualify for the program. The Health Check™ logo tells you it's a healthy choice and guides you to foods that you should eat more often as part of a healthy diet.

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