

# CANADIAN FRESH PORK

## 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 (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 roast 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 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 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 or in an oven 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/lb @ 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 & up	3.5 & up	10–15
Leg	double loin	3–5	1.5–2.2	30–35
	inside	3–4	1.5–1.8	20–25
Shoulder	outside	3–4	1.5–1.8	20–25
	blade, boneless	3–6	1.6–2.7	30–35
Shoulder	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)	¾–1	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

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 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 B<sub>12</sub>** is found only in foods from animals. It helps to build red blood cells, ensure healthy cell function and nervous tissues.

**Vitamin B<sub>6</sub>** is important for energy production and the central nervous system.

**Thiamin or Vitamin B<sub>1</sub>** 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 B<sub>2</sub>** 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.

† **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 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](http://www.healthcheck.org)

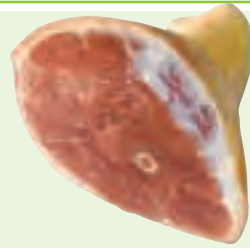


# CANADIAN FRESH PORK CUT CHART

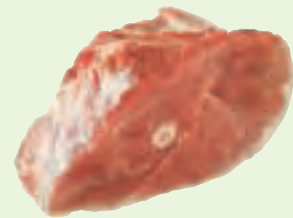
## LEG CUTS



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 Leg Inside Scallopini



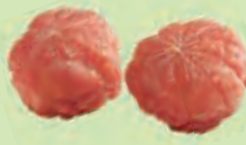
Pork Sauté Cubes



Pork Leg Inside, Satay

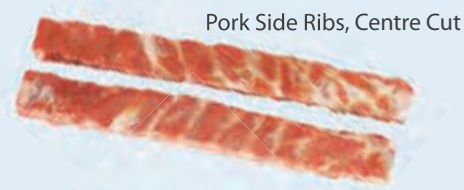


Pork Leg Cutlet, Delicately



Pork Leg Cutlet, Stuffed, Spiced, Cushion of Pork

## MISCELLANEOUS



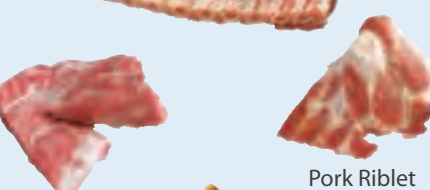
Pork Side Ribs, Centre Cut



Side Pork, Sliced



Pork Side Ribs, Breast Bone Removed



Pork Riblet



Pork Neckbones



Pork Jowl

Pork Foot

Pork Hock

## SHOULDER CUTS



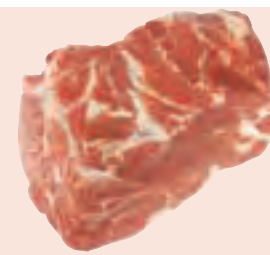
Pork Shoulder Picnic



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 Meat Balls



Pork Kabob



Pork Braising Cubes



Pork Belly



Pork Loin



## SIRLOIN CUTS



Pork Sirloin Roast



Pork Sirloin Roast, Boneless



Pork Sirloin Steak, Boneless



Pork Sirloin Chop

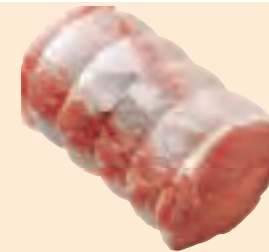


Pork Tenderloin

## CENTRE LOIN CUTS



Pork Loin, Centre Roast



Pork Loin, Centre Roast, Boneless



Pork Loin, Centre Steak, Boneless



Pork Loin Centre Butterflied Steak, Boneless

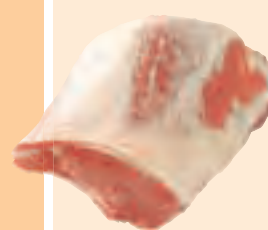


Pork Loin, Centre Chop



Pork Loin, Centre Chop, Frenched.

## RIB CUTS



Pork Rib Roast



Pork Rib Roast, Boneless



Pork Rib Steak, Boneless



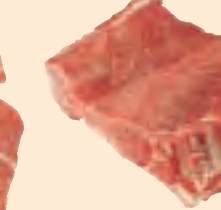
Pork Rib Eye Steak



Pork Rib Chop



Pork Back Rib



Pork Country Style Rib



Pork Country Style Rib, Boneless



Pork Rib Crown Roast, Stuffed



Pork Rib Crown Roast, Boneless, Stuffed



Pork Rib Roast, Rack

For more information contact:



613 236 9239  
www.cpc-ccp.com



604 853 9461



403 256 2764  
www.albertapork.ca



306 244 7752  
www.saskpork.com



204 237 7447  
www.manitobapork.com



905 882 4201  
www.porkpeople.com



902 892 4201  
www.peipork.pe.ca



1 800 565 7675  
www.pork.ns.ca



506 458 8051  
email:  
nbhog@nbnet.nb.ca