

## PORK COOKING TIMES & TEMPERATURES

METHOD	CUT	THICKNESS/ WEIGHT	FINAL INTERNAL TEMPERATURE (Fahrenheit)	TOTAL COOKING TIME (Minutes)
<b>Roasting</b> Roast at 350° F. Roast in a shallow pan, uncovered	Loin Roast, Bone-in or Boneless	2 - 5 lbs.	160°	20 per pound
	Crown Roast	6 - 10 lbs.	160°	20 per pound
	Leg	3½ lbs.	160°	20 per pound
	Shoulder Butt	3 - 6 lbs.	160°	30 per pound
	Tenderloin (roast at 425°- 450°)	½ - 1½ lbs.	160°	20 - 30
	Ribs	--	Tender	1½ - 2 hours
<b>Broiling</b> 4 inches from heat or <b>Grilling</b> over direct heat	Loin Chops, Bone-in or Boneless	¾ inch	160°	8 - 10
	Thick Chop	1½ inches	160°	12 - 16
	Kabobs	1 inch cubes	Tender	10 - 15
	Tenderloin	½ to 1½ lbs.	160°	15 - 25
	Ribs (grill over indirect heat)	--	Tender	1½ - 2 hours
	Ground Pork Patties	½ inch	160°	8 - 10
<b>Sautéing</b> Add a little fat to pan; sauté over medium- high heat	Cutlets, Bone-in or Boneless	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
<b>Braising</b> 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 - 2½ hours
	Ribs	--	Tender	1½ - 2 hours
<b>Stewing</b> Cook, covered, with liquid at a slow simmer	Ribs	--	Tender	2 - 2½ hours
	Cubes	1 inch	Tender	45 - 1 hour

Pork 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.

