

A (New) Primer on Pork



If you've visited the meat case at your local supermarket, you may be thinking that something is different about pork – you are right!

Makeover at the Meat case: New Names, Same Delicious Cuts

In order to ease confusion over the various names of pork cuts, the National Pork Board and Beef Checkoff Program joined forces to make the meat case more familiar for shoppers. Several pork chop names are now aligned with beef steaks, so consumers can easily identify their favorite cuts. On the meat label, you will see the new consumer-friendly name of the cut, the cut characteristics, and a line that states the best preparation method or other helpful information.

NEW PORK LABELING

makes it easier to identify your favorite cut by:

1. CONSUMER FRIENDLY NAMES
2. CUT CHARACTERISTICS
3. PREPARATION RECOMMENDATIONS



New York Pork Chop
Formerly: Top Loin Chop



Ribeye Pork Chop, boneless
Formerly: Rib Chop, boneless



New York Pork Roast
Formerly: Top Loin Roast



Porterhouse Pork Chop
Formerly: Loin Chop, bone-in

Pork Quality

High quality pork performs better in the kitchen. It delivers better flavor and texture for your eating experience. The quality of fresh pork is characterized by color, tenderness and marbling. Taste and preference studies show pork chops that are reddish-pink in color and have a firm texture perform consistently when cooked compared to pork cuts that are less red in color with a soft texture. Marbling can also improve pork's flavor and moisture. An ideal pork chop (color and marbling score of 3 and 4) will consist of a reddish-pink color, firm texture and enough marbling to yield a juicy, tender and flavorful eating experience every time you cook healthy with pork!

Color Scoring



2.0
Grayish pink

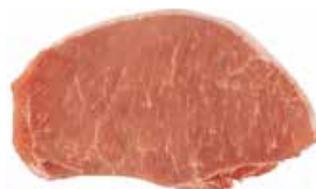


3.0
Reddish pink



4.0
Dark reddish pink

Marbling Scoring



3.0



4.0



5.0



Pork Cooking Methods, Times and Temperatures:

Roast/Bake: Roast at 350° F. unless otherwise noted. Roast in a shallow pan, uncovered.

Broil: 4-5 inches from heat. Turn halfway through cooking time.

Grill: Over direct, medium heat; turn once halfway through grilling.

Barbecue: Barbecue over indirect

medium heat (about 325° F.) unless otherwise noted.

Sauté: Add a little cooking oil to pan; sauté over medium-high heat and turn once halfway through cooking time.

Braise: Cook over medium-high heat in 1 tablespoon vegetable oil until browned evenly on both sides. Add enough liquid

to come 1/4 to 1/2 inch up sides of pork. Return just to boiling. Cover and simmer until tender.

Stew: Cook, covered, with liquid at a slow simmer. This method best used with 1-inch loin or shoulder cubes for 45 min.-1hr.

Cooking Tips

The National Pork Board recommends cooking pork chops, roasts, and tenderloin to an internal temperature of 145° F. followed by a 3 minute rest. **Ground pork, like all ground meat, should be cooked to 160°F.**



| PORK CHOPS, 3/4 inch thick | | Broil/Grill | Sauté | Braise | Cook to | |
|---|-------------------------------|--------------------|--------------------|-----------|---------------------------|---------------------------|
| Boneless | New York (Top Loin) Pork Chop | 8-12 min. | 8-12 min. | 6-10 min. | 145° with a 3 minute rest | |
| | Ribeye (Rib) Pork Chop | | | | | |
| | Sirloin Pork Chop | | | | | |
| Bone-in | Porterhouse (Loin) Pork Chop | 8-12 min. | 10-16 min. | 8-12 min. | | |
| | Ribeye (Rib) Pork Chop | | | | | |
| | Sirloin Pork Chop | | | | | |
| ROASTS | | Roast/Bake | Barbecue | Braise | Cook to | |
| New York (Top Loin) Pork Roast | 2 lbs. | 26-28 min. per lb. | 20-26 min. per lb. | | 145° with a 3 minute rest | |
| | Sirloin Pork Roast | | | | | |
| Pork Loin Center Roast | 3-5 lbs. | 20-25 min. per lb | 12-15 min. per lb. | | | |
| TENDERLOINS | | Roast/Bake | Broil/Grill | Braise | | Cook to |
| Loin Cubes/Kabobs (1 inch) | | | 8-10 min. | 8-10 min. | | 145° with a 3 minute rest |
| Tenderloin (1-1½ lbs.) roast at 425° F. | | 20-35 min. | 20-30 min. | | | |

Cuban Pork Tenderloin

5 minutes prep | 20 minutes cook | Serves 6

1 1/2 pounds pork tenderloin, trimmed
 1/4 cup orange juice, fresh
 1/4 cup grapefruit juice, fresh
 2 tablespoons cilantro, chopped
 1 teaspoon cumin
 1 teaspoon dried oregano
 2 cloves garlic, finely chopped
 1/2 teaspoon kosher salt
 1/2 teaspoon red pepper flakes

Using thin knife, trim silver skin from tenderloin. Mix orange juice, grapefruit juice, cilantro, cumin, oregano, garlic, salt, and hot pepper in gallon-sized zip-top plastic bag. Add pork, close, and refrigerate for at least 30 minutes and up to 4 hours. Meanwhile, make Rice and Black Bean Salad.

Prepare outdoor grill for direct medium-hot grilling. For a gas grill, preheat grill on high. Adjust temperature to 400°F. For a charcoal grill, build fire and let burn until coals are covered with white ash. Spread coals and let burn for 15-20 minutes.

Lightly oil cooking grate. Remove pork from marinade, drain briefly, but do not scrape off solids. Place on grill and cover grill. Cook, turning occasionally, until browned and instant-read thermometer inserted in center of pork reads 145 degrees Fahrenheit, about 20-27 minutes. Transfer to carving board and let stand 3-5 minutes. Cut on slight diagonal and serve with rice and black bean salad.



Nutrition:

Calories: 140 calories
 Protein: 24 grams
 Fat: 3 grams
 Sodium: 220 milligrams
 Cholesterol: 75 milligrams
 Saturated Fat: 1 grams
 Carbohydrates: 3 grams
 Fiber: 0 grams

Serving Suggestions:

Serve with Rice and Black Bean Salad and your favorite cold beverages.

Dear Colleague,



Happy winter, from Healthy Helpings with Pork!

As a dietitian, knowing why your clients make purchase decisions on various meat cuts can help you effectively counsel their protein decisions at the meat case. National Pork Board's research studied the factors that influence consumer's decisions when purchasing fresh meat.

Before going to the supermarket 78 percent of shoppers make a list. Of those consumers with pork on their list indicate the impact factors of where they shop include:

- Perceived Value
- Familiar Meat Counter Staff
- Product Variety and Product Quality

Our focus for this edition is on pork quality and the new names for pork cuts that consumers will encounter at the meat case. In collaboration with the Beef Checkoff Program, we've standardized the names of various cuts of pork so they are now aligned with beef, making it easier for consumers to more readily identify their favorite pork cuts. In addition, high quality pork performs better in the kitchen. It delivers better flavor and texture for your client's eating experience. Knowing what attributes to look for in pork cuts will help your clients enjoy a juicy, tender and more flavorful eating experience when cooking healthy with high quality pork.

The National Pork Board continues to support research that provides retailers, processors, and other pork industry stakeholders with benchmark values of pork quality in fresh pork cuts with information to reduce the variation of quality attributes to increase the consistency of chops at the retail level. Improving the consistency of pork quality will yield a better eating experience with clients and patients alike. To learn more on pork quality research please visit pork.org.

Pork's versatility, affordability and nutrition profile make it easy for your clients to incorporate lean pork into any healthy diet. Add to that its great taste and it's simple to see why pork is a perfect protein choice!

For the latest pork nutrition information, recipes and more, visit porkbeinspired.com or porkandhealth.org.

In good health,

A handwritten signature in black ink that reads "Adria Huseth". The script is fluid and cursive.

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