



# Be 145°F.



Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture, which recommends cooking roasts, tenderloins, and chops to an internal temperature of 145 degrees F., followed by a 3 minute rest time, resulting in a flavorful, tender and juicy eating experience.

Ground pork, like all ground meat, should be cooked to 160 degrees F. Pre-cooked ham can be reheated to 140 degrees F. or enjoyed cold.

Method	Cut	Thickness/ Weight	Internal Temp. followed by 3 minute rest	Average Recommended Cooking Time (minutes per pound OR total minutes)
<b>Roasting</b> Roast at 350° F., unless otherwise noted. Roast in a shallow pan, uncovered	Loin Roast, Bone-In and Boneless*	2-5 lbs.	145° F	20 minutes per lb.
	Crown Roast*	10 lbs.	145°	12 minutes per lb.
	Fresh Leg/Uncured Ham*	18-20 lbs.	145°	15 minutes per lb.
	Tenderloin (roast at 425°F.)	½-1½ lbs.	145°	20-27 minutes total time
	Ribs	—	Tender	1½-2 hours
	Ham, fully cooked	5-6 lbs.	140°	20 minutes per lb.
<b>Broiling</b> 4-5 inches from heat	Loin Chops, Bone-In or Boneless (¾ inch thick)	¾ inch	145°	8-9 minutes total time
<b>OR</b>	Thick Loin Chops, Boneless (1½ inch thick)	1½ inches	145°	12-16 minutes total time
<b>Grilling</b> over direct, medium heat; turn once halfway through grilling	Loin Kabobs	1 inch cubes	Tender	10-15 minutes total
	Tenderloin	½-1½ lbs.	145°	20 minutes total time
	Ground Pork Patties	½-inch	160°	8-10 minutes total time
<b>Barbecuing</b> over indirect medium heat (285° F.)	Loin Roast, Bone-In and Boneless*	2-5 lbs.	145°	2 lbs. roast = 20 minutes per lb. 3½-5 lbs. roast = 15 minutes per lb.
	Shoulder (Butt)*	3-6 lbs.	Tender	45 minutes per lb.
	Ribs	—	Tender	1½-2 hours total
<b>Sautéing</b> Add a little cooking oil to pan; sauté over medium-high heat and turn once halfway through cooking time	Cutlets	¼ inch	Tender	3-4 minutes
	Loin Chops, Bone-In or Boneless	¾ inch	145°	8 minutes total time
	Tenderloin Medallions	¼-½ inch	Tender	4-8 minutes total time
	Ground Pork Patties	½ inch	160°	8-10 minutes total time
<b>Braising</b> Cook, covered, with a liquid at a simmer; turn once halfway through cooking time	Loin Chops, Bone-In or Boneless	½-¾ inch	145°	6-8 minutes total time
	Loin Cubes	1 inch	Tender	8-10 minutes
	Tenderloin Medallions	½-¾ inch	Tender	8-10 minutes
	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	Loin or Shoulder Cubes	1 inch	Tender	45 minutes-1 hour

**\*Note:** For easier slicing and to let the pork juices redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.