

# PORK LOIN:

Inspiration for Every Occasion

POCKET GUIDE to PORK vol. 6



Be inspired®

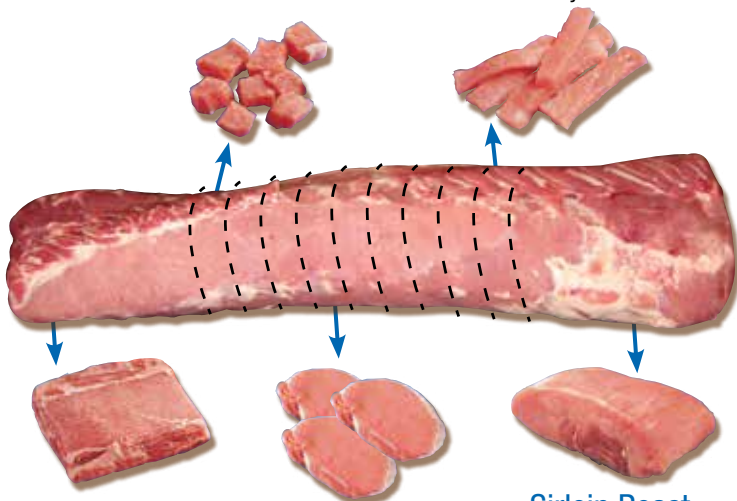
# Buy, Cut and Save!

The pork loin offers several options for delicious pork recipes.

From ribs to chops to roasts, pick your favorite!

## Cubes/Strips

Do not overcrowd when cooking. Leaving space between them will allow them to brown and cook more evenly.



## Loin Country-Style Ribs

The meatiest variety of ribs. Sold as “slabs” or in individual servings.

## New York Chops

Sometimes called Center Cut Chops or “America’s Cut”, these are boneless and located above the loin chops, toward the head.

## Sirloin Roast

For a crisp ‘crust’, be sure the oven is fully preheated before placing the roast in it and do not cover the meat while roasting.



## TODAY'S PORK: COOKING GUIDE

Method	Cut	Thickness/ Weight	Final Internal Temp.*	Total Cook Time
<b>Sautéing</b> Saute with a small amount of oil over medium-high heat in an uncovered pan				
	Chops	¾ inch	145°- 160°	8-12 min.
<b>Grilling</b> Grill over direct heat				
OR	Thick Chop	1 ½ inches	145°- 160°	12-22 min.
<b>Broiling</b> Broil 4 inches from heat				
	Kabobs	1-inch cubes	To tender	8-10 min.
<b>Braising</b> Braise with a small amount of liquid over low heat in a tightly covered pan				
	Chops	¼ – 1 inch	145°- 160°	6-10 min.
	Cubes	1 inch	To tender	8-10 min.
<b>Grilling</b> Grill over indirect heat				
	Loin Roast*	2 lbs.	145°- 160°	20-26 min. / lb.
<b>Roasting</b> Roast in an uncovered, shallow pan at 350°F.				
	Loin Roast*	2 – 5 lbs.	145°- 160°	26-28 min. / lb.
<b>Stewing</b> Stew in liquid at a slow simmer in a covered pot				
	Cubes	1 inch	To tender	45 min.—1 hr.

**The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145° F. (medium rare) and 160° F. (medium), followed by a 3-minute rest.**

\*Note: For easier slicing and to let the pork juices redistribute throughout the meat, let pork rest for 3 minutes. Remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving..

# Maple-Mustard Country-Style Pork Ribs



## Maple-Mustard Country-Style Pork Ribs

### INGREDIENTS

6 large country-style pork ribs, about 4½ lbs.	⅓ cup dark brown sugar, plus 1 Tbsp. packed
¾ cups maple syrup	2 tsp. Tabasco
¾ cup mustard, coarse grained	2 tsp. soy sauce

### COOKING DIRECTIONS

Mix maple syrup, mustard, brown sugar, hot sauce, and soy sauce. Set glaze aside.

Create indirect fire with foil drip pan half-filled with water. Lay ribs on rack over drip pan and brush with glaze. Cover and cook for 1 hour 15 minutes, turning and basting every 15 minutes. Move ribs to hot side of grill. Brush with glaze, cover, and grill for 5 minutes.

Repeat, turning and basting, until ribs are tender and brown (about 20 minutes). Season with salt and pepper and serve. *Serves 6.*

### TIP

Be sure to glaze toward the end of the cooking time, otherwise the glaze will burn before the ribs are done.

### NUTRITION FACTS

Calories: 560, Protein: 41g, Fat: 21g, Sodium: 705mg, Cholesterol: 129mg, Saturated Fat: 7g, Carbohydrates: 46g, Fiber: 4g.

## Pork Roast with Bacon, Brussels Sprouts and Pomegranate

### INGREDIENTS

- 3-4 lb. New York (top loin) pork roast
- 5 tsp. lemon-black pepper blend seasoning
- 3 10-oz. containers Brussels sprouts, trimmed (larger sprouts cut in half lengthwise)
- 4 slices bacon
- ½ cup pomegranate seeds, (also called arils)

### COOKING DIRECTIONS

Preheat oven to 350°F. Cook bacon in a large skillet over medium heat, turning occasionally, until crisp and browned, about 8 min. Transfer bacon to paper towels, drain and cool. Reserve bacon fat. Coarsely crumble bacon.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add Brussels sprouts and cook until they turn bright green, about 2 min. Drain and rinse under cold running water. Pat Brussels sprouts dry with paper towels. In a large bowl, toss Brussels sprouts with 2 Tbsp. bacon fat.

Brush 1 Tbsp. bacon fat all over pork and season with 4 tsp. lemon-pepper seasoning mix. Place pork on a rack in a shallow roasting pan. Roast, uncovered, for 50 min.

Spread Brussels sprouts around pork. Continue roasting until the internal temperature of the pork on a thermometer reads 145°F. (medium rare) to 160°F. (medium), about 30 min. more (allow about 20 min. per pound roasting time). Transfer roast to serving platter and tent with aluminum foil. Increase oven temperature to 425°F. Continue roasting Brussels sprouts until browned, 5-8 min. Remove from oven and stir Brussels sprouts with bacon and pomegranate seeds. Season with remaining 1 tsp. lemon-pepper seasoning mix and add to platter.

Heat roasting pan over high heat until juices sizzle. Add ½ cup water and bring to a boil, scraping up browned bits in the pan with a wooden spoon. Remove from heat. Carve pork roast and drizzle with pan juices. *Serves 10-12.*

## **Pork Roast with Bacon, Brussels Sprouts and Pomegranate**





## Spicy Korean Pork Skewers





## Spicy Koran Pork Skewers

### INGREDIENTS

2 lbs. boneless country-style  
pork ribs, cut into 1-inch cubes

½ cup chili garlic sauce\*

¼ cup soy sauce

2 inches fresh ginger root, skins  
removed and chopped  
(or 2 tsp. ground ginger)

4 Tbsp. filtered sake, or dry sherry  
(optional)

2 Tbsp. sesame oil\*

3 Tbsp. brown sugar

### COOKING DIRECTIONS

In a large bowl combine the chili garlic sauce, soy sauce, ginger, sake, sesame oil and brown sugar and whisk to form a marinade. Add the cubed pork to the marinade and let sit for 20 min.

Heat an indoor grill pan or outdoor grill to medium-high heat.

Thread the marinated cubes of pork on skewers, about 4-5 pieces per skewer. Transfer the skewers to the grill and cook, uncovered, turning to brown evenly every 2-3 min. until tender, about 10 min. Serve immediately.

*Serves 4.*

*\*You can find chili garlic sauce and sesame oil in the ethnic or Asian section of most major supermarkets.*

### NUTRITION FACTS

Calories: 330, Protein: 47g, Fat: 14g, Sodium: 300mg, Cholesterol: 17mg, Saturated Fat: 4g, Carbohydrates: 1g, Fiber: 0g.

## Grilled Pork Burritos with Salsa Verde

### INGREDIENTS

1 lb. boneless pork loin chops, ¾-inch thick	3 Tbsp. extra virgin olive oil
2 tsp. vegetable oil	3 cloves garlic
2 tsp. chili powder	¼ tsp. kosher salt
¼ tsp. salt	Pinch of sugar
2 lb. fresh tomatillos, husks discarded, rinsed, patted dry	6 “burrito sized” 10-inch tortillas
1 jalapeño chile	1 16-oz can refried beans, heated*
1 ripe avocado, pitted, peeled, chopped	1 cup cooked white rice, heated
⅔ cup white or yellow onion, chopped	1 cup Mexican blend cheese, shredded
⅓ cup cilantro leaves, packed	2 Tbsp. fresh cilantro, chopped
	Lime wedges, for serving

### COOKING DIRECTIONS

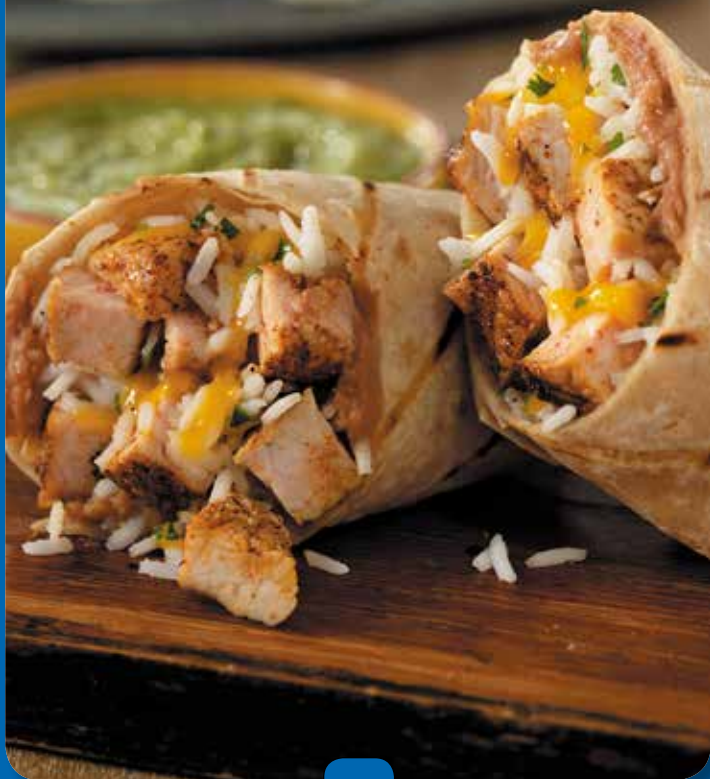
**Salsa Verde:** Prepare grill for direct cooking over medium-high heat, about 450°F. Place tomatillos and jalapeño on grill grate and cook, with lid closed, turning occasionally, until jalapeño skin is blackened and blistered (about 5 min.) and tomatillos are browned but not bursting (7-9 min.). Transfer to a bowl as they are done, and let cool. Scrape and discard skin from jalapeño. Seed jalapeño, reserving seeds.

Pulse avocado, tomatillos and any juices, jalapeño (without seeds), onion, cilantro, oil, garlic, salt and sugar in a blender or food processor until smooth. For spicier salsa, add seeds. Transfer to a medium saucepan and simmer over medium heat. Reduce heat to very low to keep salsa warm. Extra salsa can be stored in the refrigerator and kept up to 3 days.

**Pork:** Lightly oil grill grate. Brush pork with oil and season with chili powder and salt. Grill pork over medium-high heat, with lid closed, about 4 minutes per side, or until the internal temperature reaches between 145°F. (medium rare) to 160°F. (medium) on a digital meat thermometer. Remove from grill and let rest for 3 min. Place tortillas on grill grate and cook until heated, about 30 sec. per side. Remove from grill and wrap in a napkin to keep warm.

**Assembly:** Chop pork into bite-sized pieces. For each burrito, spread 2 Tbsp. beans in a wide strip on center of tortilla. Top with rice and cheese, evenly distributed between the burritos, and ⅓ of chopped pork. Sprinkle with cilantro. Fold in right and left sides, and roll up tortilla from the bottom. Transfer each to a dinner plate. Smother each with one sixth of warm salsa, add lime wedges and serve immediately. *6 servings.*

## Grilled Pork Burritos with Salsa Verde



## Cuban Pork Adobo Chops



## Cuban Pork Adobo Chops

### INGREDIENTS

6 New York (top loin) pork chops, ¾-inch thick	1½ tsp. ground cumin
1 cup lime juice	¾ to 1 tsp. salt
4 cloves garlic, minced	¼ tsp. black pepper
	Olive oil, for grill grate

### COOKING DIRECTIONS

In a small bowl whisk together lime juice, garlic, cumin, salt, and pepper; transfer to a self-sealing plastic bag. Add chops; seal bag and refrigerate for 2-4 hours.

Prepare a medium-hot fire with charcoal or preheat gas to medium high. Lightly oil grill grate.

Remove chops from marinade (do not pat dry), discarding marinade from the bag. Grill chops directly over heat, turning once, until internal temperature of pork on a thermometer reads between 145°F. (medium rare) and 160°F. (medium), followed by a 3-min. rest, about 8 to 11 min. Serves 6.

*\*Cuban cooking often calls for sour orange juice, which is less sweet and more acidic than common orange juice. If you can find sour oranges, such as Seville or Bergamot, substitute this juice for lime juice. You can also use half lime juice and half orange juice.*

### NUTRITION FACTS

Calories: 250, Protein: 42g, Fat: 6g, Sodium: 430mg, Cholesterol: 120mg, Saturated Fat: 2g, Carbohydrates: 4g, Fiber: 0g.

# Thai Pork Noodle Bowl

## INGREDIENTS

4 boneless ribeye (rib) pork chops  
(¾- to 1-in. thick)

### MARINADE

¼ cup soy sauce

¼ cup chopped cilantro\*

3 cloves garlic, crushed

3 Tbsp. brown sugar

1 Tbsp. vegetable oil

1 lime, juiced

### PEANUT NOODLES & SAUCE

10 oz. pasta (spaghetti, linguini  
or angel hair)

1 lime, juiced

2 cloves garlic, finely minced

½ cup creamy peanut butter

1 cup hot water

2 Tbsp. soy sauce

## COOKING DIRECTIONS

In large baking dish, arrange ribeye pork chops evenly. Whisk marinade ingredients together in bowl. Set 1/4 c. marinade aside in refrigerator. Pour remaining marinade over pork chops and marinate 20-30 minutes.

Meanwhile, cook pasta according to package directions. Whisk together remaining peanut sauce ingredients in large bowl. Drain cooked pasta; toss with peanut sauce. Add more soy sauce if desired.

Heat an indoor grill pan or outdoor grill to medium-high. Remove pork chops from marinade and discard excess marinade. Place pork chops on hot grill and cook 4 minutes on each side, flipping once until internal temperature of pork measures between 145°F (medium rare) and 160°F (medium) on a meat thermometer.

Transfer grilled pork chops to a cutting board and let rest 3 minutes. Slice pork against grain. Pour reserved refrigerated marinade over sliced pork and serve over peanut noodles.

\*May substitute 1 tbsp. dried cilantro.

## Thai Pork Noodle Bowl





# Pork Milanese with Cacio e Pepe Spaghetti



## Pork Milanese with Cacio e Pepe Spaghetti

### INGREDIENTS

4 New York (top loin) pork chops, cut about $\frac{3}{4}$ -inch thick	8 oz. spaghetti
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup Parmesan cheese, (or Parmigiano-Reggiano), freshly grated
2 large eggs	$\frac{1}{2}$ cup Romano cheese, freshly grated, or more Parmesan
$\frac{3}{4}$ cup Italian-seasoned bread crumbs, without cheese	$\frac{1}{4}$ tsp. black pepper
Olive or vegetable oil, for frying	
Chopped parsley and lemon wedges, as garnish	

### COOKING DIRECTIONS

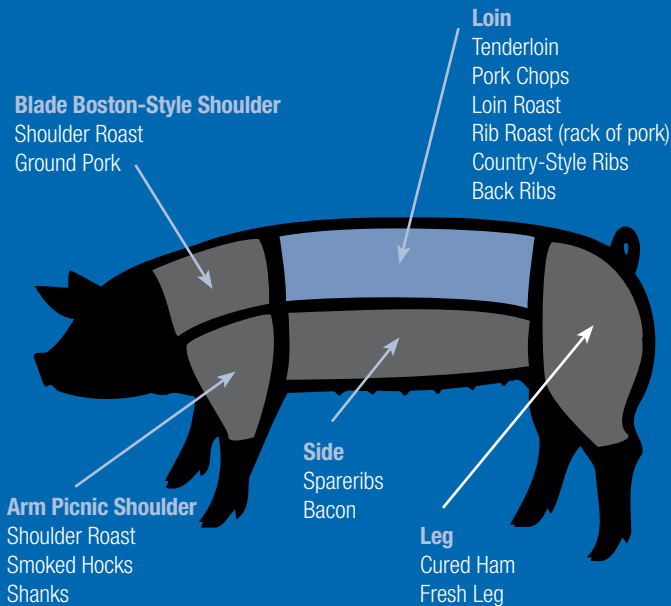
Preheat oven to 200°F. Line a large rimmed baking sheet with a wire rack.

Pork Milanese: One at a time, place pork between two 1-gallon plastic storage bags. Using a meat pounder or a rolling pin, pound the pork until wider and about  $\frac{1}{8}$  inch thick. Spread flour in a shallow bowl. Beat eggs in a second bowl and spread bread crumbs in a third bowl. Coat pork chop in flour, shaking off excess, dip in eggs and then coat with bread crumbs. Place on another baking sheet and let stand 5 min.

Pour enough oil into skillet to come about  $\frac{1}{8}$  inch up sides of pan, heat over moderately-high heat until oil shimmers. In 2 batches without crowding, add pork and cook until underside is golden brown, 2-3 min. Flip and cook until other side is golden brown, 2-3 min. Transfer to wire rack and keep warm in oven while cooking remaining pork.

Cacio e pepe: Bring a pot of salted water to a boil. When second batch of pork is in skillet, add spaghetti to water, cook according to package directions. Drain spaghetti, reserving  $\frac{1}{3}$  cup of cooking water, discard the rest. Add Parmesan and Romano cheeses and pepper. Mix well, adding enough cooking water to make a creamy sauce. Transfer pork and pasta to dinner plates. Sprinkle with parsley and serve with lemon wedges. *Serves: 4*

# Know Your Pork Cuts!



## Storage Time Chart

Fresh Pork	Refrigerator (36-40°F)	Freezer (0°F)
Roast, chops	2 to 4 days	3 to 6 months
Cubes, strips	2 to 4 days	3 to 6 months

## Defrosting

Pork Cut	Defrosting Time (in refrigerator)
Small roast	3-5 hours / pound
Large roast	4-7 hours / pound
Chops, ¾- to 1-inch thick	12-14 hours

*Defrosting pork in the refrigerator is best. If using microwave, follow the manufacturer's directions.*



## Seven common cuts of pork are, on average, 16% leaner than 20 years ago.

1.02g 2.98g

Pork tenderloin

0.86g 3.03g

Skinless chicken breast

1.15g 3.71g

Sirloin pork chop

1.77g 5.17g

New York pork chop (boneless top loin pork chop)

1.77g 5.27g

Ground pork, 96% lean

1.64g 5.34g

New York pork roast (boneless top loin pork roast)

1.83g 6.20g

Porterhouse chop (bone-in center pork chop)



2.17g 7.10g

Ribeye pork chop (bone-in rib pork chop)

2.58g 9.25g

Skinless chicken thigh

**Pork tenderloin is just as lean as skinless chicken breast!**

 Saturated Fat  
 Total Fat

Based on 3-oz. cooked servings (roasted or broiled), visible fat and skin trimmed after cooking.

**Reference:** U.S. Department of Agriculture, Agriculture Research Service, 2012.

**Lean:** Less than 10 g total fat, 4.5 g saturated fat and 95 mg cholesterol per serving.

**Extra Lean:** Less than 5 g total fat, 2 g saturated fat and 95 mg cholesterol per serving.



For more pork cooking survival tips and recipes you can fix for dinner tonight, get cooking and clicking at *PorkBeInspired.com*.



[Facebook.com/PorkBeInspired](https://www.facebook.com/PorkBeInspired)



[Twitter.com/PorkBeInspired](https://twitter.com/PorkBeInspired)



[Pinterest.com/PorkBeInspired](https://www.pinterest.com/PorkBeInspired)



[Instagram.com/porkbeinspired#](https://www.instagram.com/porkbeinspired#)



©2017 National Pork Board, Des Moines, IA USA

This message funded by America's Pork Checkoff program. 01240-1/17