

# YOUR GUIDE TO PREPARING ONTARIO PORK

**EAT MORE ONTARIO PORK**



**Ontario Pork**  
**PORK ROAST**  
 ENJOY AT 160 F / 71 C  
[ontariopork.com/recipes](http://ontariopork.com/recipes)  
 COOK TO INTERNAL TEMPERATURE OF 155 F / 68 C  
 REST 3-5 MIN UNTIL TEMPERATURE IS 160 F / 71 C

## FRESH ONTARIO PORK ROASTING GUIDE

COOKING METHODS POT ROAST OVEN ROAST BARBECUE



PORK RIB ROAST, BONELESS



The "Prime Rib" of premium quality oven roasts is well-marbled, finely-textured and delivers intense flavour.



PORK RIB ROAST, RACK



The "French Style" rib rack is a premium oven roast, available in many sizes; perfect for special occasions. Rib-end portions are well-marbled for tender and juicy results.



PORK LEG INSIDE ROAST, BONELESS



This firm-textured, mild-flavoured roast is perfect for pork schnitzel.



PORK LEG OUTSIDE ROAST, BONELESS



The outside roast offers firm-textured, medium-flavoured, lean meat; a perfect smaller roast. It adapts well to brine, marinades, rubs and glazes which enhance flavour, juiciness and tenderness.



PORK RIB ROAST, RACK



This showstopping rib roast is perfect for special occasions with family and friends. The combination of both the rib end and the centre cut portions of the loin offer something for every guest's preference.



PORK LOIN, CENTRE ROAST, BONELESS



Boneless pork "Double Loin" roasts are premium quality, lean and perfect for larger groups. Pork loin roasts adapt well to brine, marinades, rubs and glazes which maximize flavour, juiciness and tenderness.



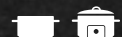
PORK LEG TIP ROAST, BONELESS



The "Sirloin Tip" roast offers firm-textured, medium-flavoured lean meat; perfect for larger groups. The tip adapts well to brine, marinades, rubs and glazes which enhance flavour, juiciness and tenderness.



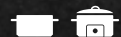
PORK SHOULDER PICNIC, CUSHION ROAST



This is a firm-textured, well-marbled roast with intense flavour. Great for grinding when making homemade sausage.



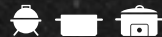
PORK SHOULDER BLADE, BUTT ROAST



The shoulder also called the "butt," is the best cut for making pulled pork. The blade offers firm-textured, well-marbled meat that delivers intense flavour and juicy results.



PORK BELLY, SIDE PORK ROAST



This skin-on belly roast features well-marbled, delicate flavours, tender and juicy meat balanced with a crowd pleasing crispy outer skin (crackling).



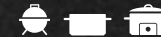
PORK BELLY, SIDE PORK ROAST, SKINLESS



This skinless belly roast features well-marbled delicate flavours combined with tender and juicy results. Perfect for oven roasting, braising, brining, smoking and barbecue.



PORK SHOULDER BLADE, CAPICOLA ROAST, BONELESS



This well-marbled and medium-textured cut delivers rich-flavour and juicy results. It also makes for excellent pulled pork.



PORK LEG EYE ROAST, BONELESS



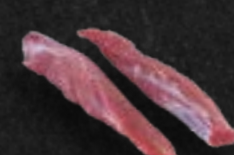
The eye is the smallest sub-primal muscle in the leg, making it a perfect dinner choice for one or two people.



GROUND PORK ROASTS, SPICED



Seasoned ground pork netted roasts offer a variety of options for delicious international flavour profiles.



PORK TENDERLOIN



The "Filet" is perfect for roasting and stuffing. The tenderloin offers finely textured, lean meat with mild-flavour that adapts well to rubs and glazes which enhance flavour.

## COOKING GUIDE

The best way to know if meat is cooked properly is to use a meat thermometer, inserted into the thickest part of the roast (not touching bone or fat). Remove pork from the oven when the internal temperature reaches 155 F/68 C and rest 3 to 5 minutes until the temperature reaches 160 F/71 C.

CUT	PORK ROAST	LBS	KG	MIN/LB @325 F (160 C)
LOIN	Pork rib roast rack	3-5	1.4-2.2	20-25
	Top sirloin	3-4	1.4-1.8	25-30
	Pork loin centre cut	3-4	1.4-1.8	20-25
	Tenderloin	¾-1	375-500 g	25-30
LEG	Leg roast	3-4	1.4-1.8	20-25
	Inside/outside leg	3-4	1.4-1.8	20-25
	Sirloin tip	3-4	1.4-1.8	20-25
	Eye of round	3-4	1.4-1.8	20-25

CUT	PORK ROAST	LBS	KG	MIN/LB @325 F (160 C)
SHOULDER	Shoulder blade/butt	3-6	1.4-2.7	30-35
	Picnic	3-6	1.4-2.7	30-35
	Capicola	3-6	1.4-2.7	30-35
BELLY	Skin-on/skinless	3-6	1.4-2.7	30-35
GROUND	Ground pork netted roasts	3-6	1.4-2.7	30-35

## 4 REASONS WHY YOU NEED A MEAT THERMOMETER



You spend hard-earned time and money on your meals – an accurate meat thermometer helps you protect that investment and make perfect pork.

- 1 You can't tell if your pork is cooked properly by just looking at or touching it.
- 2 A thermometer helps avoid overcooking, resulting in tender, juicy, flavourful pork.
- 3 Using an accurate thermometer is essential – even a few degrees can make the difference between perfect and overdone.
- 4 It reduces the risk of foodborne illness – it's the only sure way of knowing your food has been cooked properly.

**RAISED BY ONTARIO FARMERS**  
**\*NO ADDED HORMONES**  
**\*NATURAL**  
**HEALTHY**

# FRESH ONTARIO PORK GRILLING GUIDE

COOKING METHODS  BARBECUE  GRILL  BROIL



PORK RIB CHOP



This chop, cut from the prime rib, is well-marbled for flavourful, tender and juicy results.



PORK RIB CHOP, BONELESS



This boneless prime rib chop has all the juicy flavour without the bone.



PORK RIB EYE STEAK, BONELESS



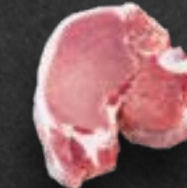
The pork rib eye is a full-flavoured, petite grilling steak.



PORK RIB END, BONELESS



Boneless pork prime rib ends are perfect for barbecue skewers.



PORK LOIN CENTRE CHOP



The pork t-bone or porterhouse cut is made up of the loin and tenderloin. It's a classic large grilling steak.



PORK LOIN CENTRE CHOP, BONELESS



The pork New York is a firm-textured, milder flavoured steak.



PORK SIRLOIN CHOP, BONELESS



The pork top sirloin is a firm-textured, lean choice; perfect for schnitzel.



PORK BELLY, SIDE PORK STEAK



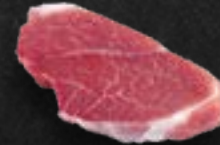
Pork belly grilling steaks offer amazing flavours when smoked and finished on the grill.



PORK SHOULDER BLADE, CAPICOLA



The capicola steak has a firm texture and is well marbled with outstanding flavour and juiciness.



PORK SHOULDER, PICNIC CUSHION STEAK, BONELESS



The boneless cross rib steak cut is well marbled for intense flavour and juiciness.



PORK SHOULDER BLADE, BUTT STEAK



The bone-in butt steak is a favourite choice for the grill, with firm-textured meat and intense flavour. Perfect for larger appetites or sharing.



PORK DINNER-STYLE SAUSAGE



Dinner sausages come in many unique flavours such as mild, honey-garlic or chorizo.



PORK ITALIAN-STYLE SAUSAGE



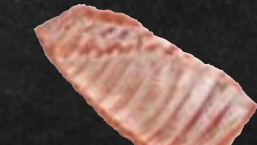
Fresh artisan-style pork links or wheels are perfect for the grill. Sausage should be cooked over low heat, so to not break the casing.



BACK RIBS



Back ribs come from the loin, are smaller than side ribs and are very tender. For best results, remove membrane, cook low and slow. Back ribs are a great choice for smoking.



SIDE / SPARE RIBS



Side or spare ribs are bigger than back ribs and are more flavourful. For best results, remove membrane and cook slowly at a lower temperature. Great choice for smoking.



GROUND PORK PATTY



The original hamburger can be blended with a variety of herbs and spices to deliver amazing flavour from the grill. Ground pork is also a tasty addition to your beef patties.



**THICK CUT CHOPS & STEAKS**  
**ENJOY AT 160 F / 71 C**  
[ontariopork.com/recipes](http://ontariopork.com/recipes)  
 3/4" TO 1" (20-25 MM) THICK CHOPS & STEAKS. GRILL ON MED-HIGH HEAT FOR 11-12 MIN, TURNING ONCE. COOK TO INTERNAL TEMP OF 160 F / 71 C

## COOKING GUIDE

### PERFECTLY BARBECUED PORK RIBS

BARBECUE OVER INDIRECT MEDIUM HEAT (ABOUT 325 F / 160 C) UNTIL TENDER.

CUT	SIZE	COOK TIME	TEMP
Back ribs	1.5 lb / 680 g	Med	1.5-2 hrs
Side ribs (St. Louis style)	3 lb / 1.4 kg	Med	1.5-2 hrs

### PERFECTLY GRILLED PORK

GRILL OVER DIRECT MEDIUM HEAT, UNLESS OTHERWISE NOTED. TURN HALFWAY THROUGH.

CUT	SIZE	COOK TIME	TEMP
Chops and steaks	3/4" - 1" thick / 20-25 mm	Med	11-12 min
Whole tenderloin	1.5-2 lb / 680 g-900 g	Med	25-30 min
Pork burger	1/2" / 13 mm	Med	8-12 min
Pork sausage	100 g each	Low	20-22 min

Cook grilled cuts to internal temp 160 F / 71 C.

### PERFECTLY SMOKED PORK

CUT	TIME	TEMP (INTERNAL) SMOKE TEMP/END
Loin chops and steaks (bone-in or boneless)	1.5-2 hrs 3/4" - 1" thick / 20-25 mm	225 F / 107 C 160 F / 71 C
Shoulder butt (blade) (Bone-in or boneless) for pulled pork	1.5 hrs per lb/454 g	225 F / 107 C 205 F / 96 C
Belly for roasting	1-6 hrs indirect	225 F / 107 C 160 F / 71 C
Tenderloin	2.5-3 hrs	225 F / 107 C 225 F / 107 C
Back ribs	4-6 hrs	225 F / 107 C 160 F / 71 C
Side ribs	5-7 hrs	225 F / 107 C 190 F / 88 C
Sausage	1-3 hrs	225 F / 107 C 160 F / 71 C

### DON'T OWN A SMOKER? TURN YOUR BARBECUE INTO ONE:

- 1 Soak desired flavour wood chips in cold, clean water for 20-30 min. Drain well.
- 2 Wrap wood chips in aluminum foil and punch several holes on the top side.
- 3 Light burner on one side of grill only and place wood chip bundle directly on this burner.
- 4 Place your pork on the opposite side of the grill.
- 5 Close lid, smoke for specified time at a constant temperature and replace wood chip bundle if smoking stops.
- 6 If your barbecue doesn't have a temperature gauge, use an oven-proof thermometer to maintain temperature.

FOR BEST RESULTS, SEASON WITH HERBS, SPICES OR RUBS BEFORE SMOKING.

\* Like all minimally processed Canadian pork.




[ontariopork.com/recipes](http://ontariopork.com/recipes)