





# Pork braising

\*Apply a 3-minute resting period after the target internal temperature is reached.

		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per kg OR total min.)
 <b>Ribs</b>	Spareribs (St. Louis style)	1.6 to 1.8 kg/rack	Tender	2.75 to 3.50 hours until tender
	Pork Back Ribs	0.7 to 0.9 kg/rack		
	Country-Style Ribs	1.35 to 1.8 kg		67 to 78 min until tender
 <b>Loin Chops (Bone-In)</b>	Ribeye (Rib) Pork Chop	2cm	63°C to 71°C	18 to 27 min
	Porterhouse (Loin) Pork Chops			
	Sirloin Pork Chop			
 <b>Loin Chops (Boneless)</b>	Ribeye (Rib) Pork Chop	2cm	63°C to 71°C	13 to 22 min
	New York (Top Loin) Pork Chop			
	Sirloin Pork Chop			
 <b>Shoulder</b>	Blade (Boston) Pork Roast	1.35 to 2.7 kg	Tender	4.75 to 5.50 hours until tender
	Arm (Picnic) Pork Roast	1.35 to 1.8 kg		67 to 73 min/kg until tender
	Arm (Picnic) Pork Roast	2.25 to 2.7 kg		58 to 65 min/kg until tender
 <b>Pork Belly</b>		1 to 1.35 kg	Tender	1.5 hr/kg until tender
 <b>Tenderloin Medallions</b>		1.5cm	Tender	18 to 22 min until tender
 <b>Cutlets</b>		1.5cm	Tender	7 to 9 min until tender
 <b>Loin Cubes</b>		2.5cm	Tender	18 to 22 min until tender