




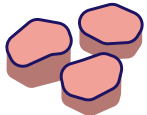

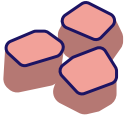


# Pork braising

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

		Thickness/Weight	Internal temperature*	Average Recommended Cooking Time (min. per pound OR total min.)
 Ribs	Spareribs (St. Louis style)	3.5-4 pounds per rack	Tender	1.25-1.5 hours until tender
	Pork Back Ribs	1.5-2 pounds per rack		
	Country-Style Ribs	3-4 pounds		30-35 minutes until tender
 Loin Chops (Bone-In)	Ribeye (Rib) Pork Chop	3/4-inch	145°F-160°F	8-12 minutes
	Porterhouse (Loin) Pork Chops			
	Sirloin Pork Chop			
 Loin Chops (Boneless)	Ribeye (Rib) Pork Chop	3/4-inch	145°F-160°F	6-10 minutes
	New York (Top Loin) Pork Chop			
	Sirloin Pork Chop			
 Shoulder	Blade (Boston) Pork Roast	3-6 pounds	Tender	2-2.5 hours until tender
	Arm (Picnic) Pork Roast	3-4 pounds		30-33 min. each pound until tender
	Arm (Picnic) Pork Roast	5-6 pounds		26-29 min. each pound until tender
 Pork Belly		2.5-3 pounds	Tender	40 minutes each pound until tender
 Tenderloin Medallions		1/2-inch	Tender	8-10 minutes until tender
 Cutlets		1/2-inch	Tender	3-4 minutes until tender
 Loin Cubes		1-inch	Tender	8-10 minutes until tender