

Pork broiling/grilling

*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.)	
	Blade Pork Steak	3/4-inch	Tender	10-12 min	
	Chops (Boneless)	New York (Top Loin) Pork Chop	145°-160°F	8-12 min	
				1.5-inch	12-22 min
		Ribeye (Rib) Pork Chop		3/4-inch	8-12 min
		Sirloin Pork Chop			
	Ham steaks, bone-in	Porterhouse (Loin) Pork Chop	145°-160°F	8-12 min	
				1.5-inch	22-35 min
		Ribeye (Rib) Pork Chop		3/4-inch	8-12 min
		Sirloin Pork Chop			
	Ground Pork Patties	1/2-inch	160°F	8-12 min	
	Ham steaks, bone-in	1/2-inch	140°F	6 min	
	Loin Kabobs	1-inch cubes	Tender	8-10 min	
	Tenderloin	1-1.5 lbs	145°-160°F	20-30 min	