
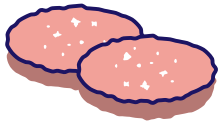




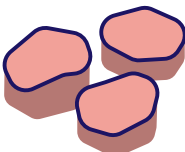


Pork sauteing

*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.)
	Blade Pork Steak	2cm	63°C to 71°C	22-35 min
	Cutlets	1.5cm	Tender	7-9 min
	Ground Pork Patties	1.5cm	71°C	18-24 min
	Ham Steaks	1.5cm	60°C	13 min
	New York (Top Loin) Pork Chop	2cm	63°C to 71°C	18-27 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Porterhouse (Loin) Pork Chop	2cm	63°C to 71°C	22-35 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Tenderloin Medallions	1.25-2.5cm	Tender	9-18 min