


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 pound OR total min.)
	Blade Pork Steak	3/4-inch	145°F-160°F	10-16 min
	Cutlets	1/2-inch	Tender	3-4 min
	Ground Pork Patties	1/2-inch	160°F	8-11 min
	Ham Steaks	1/2-inch	140°F	6 min
	New York (Top Loin) Pork Chop	3/4-inch	145°F-160°F	8-12 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Porterhouse (Loin) Pork Chop	3/4-inch	145°F-160°F	10-16 min
	Ribeye (Rib) Pork Chop			
	Sirloin Pork Chop			
	Tenderloin Medallions	1/4-1/2-inch	Tender	4-8 min.