

Facts About **PORK**



- **Selection**
- **Storage**
- **Freezing**
- **Defrosting**
- **Cooking**
- **Carving**
- **Nutritive Values**



Pork is a key source of many essential nutrients

Pork sets the pace for a wide selection of delectable dining and has an impressive nutritive value for the homemaker when planning family menus.

Today's pork is superior due to scientific breeding and feeding by the producer and closer trimming by meat packers and retailers. This means more lean pork per pound with more body-building proteins and less fat.

The protein of a 3½-ounce serving of cooked pork (lean and marble) contains all of the essential amino acids necessary to build, maintain and repair the body tissues and to increase its resistance to infection and disease. The mineral iron, together with high quality protein, is vital in the formation and maintenance of red blood and in the prevention of anemia. Pork liver supplies about three times as much iron (29 mg/100 gm cooked) in available form as any other food source.

Pork is a major dietary source of the B vitamins, especially thiamin, riboflavin and niacin, essential to food utilization, appetite, skin and oral health. In the table below, note the triple indemnity feature pork has in thiamin content (3 times as much as any other food source).

As protein is not stored in the body, protein foods should be included in every meal each day. Pork is one of the most completely digestible and utilized foods. Every cut is tender so it can be included in the diets of everyone. Strained pork products for infants provide essential nutrients early in life.

With less fat and fewer calories, pork plays a particular role in the diet for weight control. Loin roast, pork chop, ham, tenderloin and picnic shoulder are under 250 calories per 3½-ounce serving of cooked lean meat. When meat is included in the diet the dieter is less likely to be tired, hungry and to overeat between meals.

Whether it is barbecued pork roast, ham, bacon or left-over pork in a sandwich, you can be sure of the same outstanding nutritive values that mean so much to the health and well-being of old and young alike.

COMPARATIVE NUTRITIVE VALUES

(100 Grams—3½ Ounces of Cooked Pork)

Protein (22% more) *

YESTERDAY 23.3 gm

TODAY 28.5 gm

Fat (57% less) *

YESTERDAY 30.7 gm

TODAY 13.1 gm

Calories (36% fewer) *

YESTERDAY 100 277 **Total 377**

TODAY 122 118 **240**

*Than indicated in previous food composition tables.

PERCENTAGES OF DAILY RECOMMENDED ALLOWANCES*

(Based on 3½ oz. of cooked lean pork)

	Age	Protein	Calories	Iron	Phosphorus	Magnesium	Thiamin	Riboflavin	Niacin	Vit. B ₆	Vit. B ₁₂
CHILDREN	1-2	114	22	23	35	24	172	48	55	83	55
	2-3	114	19	23	30	16	172	41	55	69	44
	3-4	95	17	35	30	12	147	36	49	59	37
	4-6	95	15	35	30	12	129	32	40	46	28
	6-8	81	12	35	27	10	103	26	34	42	28
	8-10	71	11	35	24	10	94	24	29	35	22
MALES	10-12	63	10	35	20	8	79	22	26	30	22
	12-14	57	9	19	17	7	74	21	24	26	22
	14-18	47	8	19	17	6	69	19	22	23	22
	18-22	47	9	35	30	6	74	18	24	21	22
	22-35	44	9	35	30	7	74	17	24	21	22
	35-55	44	9	35	30	7	79	17	26	21	22
	55-75+	44	10	35	30	7	86	17	31	21	18
FEMALES	10-12	57	11	19	20	8	94	22	29	30	22
	12-14	57	10	19	19	7	86	21	29	26	22
	14-16	52	10	19	19	7	86	21	28	23	22
	16-18	52	10	19	19	7	86	19	29	21	22
	18-22	52	12	19	30	7	103	19	34	21	22
	22-35	52	12	19	30	8	103	19	34	21	22
	35-55	52	13	19	30	8	103	19	34	21	22
	55-75+	52	14	35	30	8	103	19	34	21	18

*Figures based on 1968 National Research Council Recommended Dietary Allowances.

An easy guide to pork selection, care and cooking

SELECTION

Pork is available as fresh, cured (pickled), cured-and-smoked and canned. Pork is also processed alone, or in combination with other meats, as sausage and ready-to-serve meats. Pork cuts are equally popular for outdoor cookery or in the kitchen.

For pork roasts, choose loin cuts (bone-in or boneless)—fresh or cured-and-smoked; shoulder cuts (bone-in or boneless)—fresh or cured-and-smoked picnics, fresh roasts (Boston cut), cured-and-smoked rolls (butts); fresh hams (legs), bone-in or boneless; cured-and-smoked hams and Canadian-style bacon. There are skinless hams; skinless, shankless hams; semi-boneless hams; boneless hams; half hams; shank and butt portions; ham pieces. The cured-and-smoked cuts may be the “fully-cooked” or “cook-before-eating” type.

Spareribs, back ribs and country style backbones may be selected for many occasions.

Chops and steaks include loin chops, fresh and cured-and-smoked; rib chops; Frenched rib chops; butterfly and other boneless chops; chops with a pocket for stuffing; sirloin chops; shoulder chops, porklets and smoked ham slices.

Sliced Canadian-style bacon, bacon, fresh and cured-and-smoked hocks add further variety.

Pork offers fresh sausage in many forms and a variety of cured and cured-and-smoked sausage items.

Canned hams, picnics and other canned pork products can also be added to this array.

Pork variety meats are available as heart, brains, liver and tongue.

CARE AND REFRIGERATOR STORAGE

FRESH PORK which is not to be frozen should be stored in the meat compartment or the coldest part of the refrigerator.

Fresh pork prepackaged for self-service should be stored in the refrigerator in the original wrapping not to exceed 2 days, or it may be frozen without rewrapping and stored in the freezer 1 to 2 weeks. For longer freezer storage the original package should be overwrapped with special freezer material.

CURED-AND-SMOKED PORK should be stored in its original wrapper in the refrigerator, not to exceed 1 to 2 weeks. Canned hams, unless storage recommendations on the can read to the contrary, should be refrigerated in the unopened can until ready to serve cold or to be heated for serving hot.

COOKED PORK should be wrapped, or covered, and stored in the coldest part of the refrigerator within 1 to 2 hours after cooking.

FREEZING AND DEFROSTING

FRESH PORK: Large cuts (loin, shoulder and leg) should be cut into convenient sizes for freezing. Package chops and steaks according to the number of servings needed. Shape ground pork into patties or package in portions for loaves or other dishes. Season ground pork after thawing since the flavor of most seasonings is intensified upon freezer storage. Wrap meat closely and seal tightly in moisture-vapor-proof material, separating individual servings by a double layer of wrapping material. Label packages noting date, cut and weight or number of servings. Freeze fresh pork quickly and store at 0° F. or lower for a recommended maximum storage period of 1 to 3 months for ground pork and 3 to 6 months for other fresh pork. The most desirable methods used for defrosting or thawing are: (1) in the refrigerator; (2) during cooking. Cook frozen pork roasts at 300° F. to 325° F., allowing $\frac{1}{3}$ to $\frac{1}{2}$ again as long as for cooking defrosted roasts.

CURED-AND-SMOKED PORK such as hams, picnics, loins, shoulder rolls (butts) and fresh pork sausage when frozen should not be kept in storage longer than 60 days. Bacon, Bologna, frankfurters, canned hams and canned picnics are not recommended for freezing.

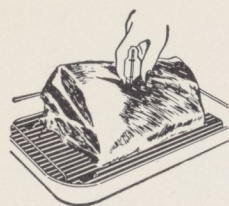
COOKING

FRESH PORK: Loins, legs (hams), Boston shoulders, picnic shoulders and tenderloin (whole) should be roasted at 325° F. to 350° F. oven temperature until the roast meat thermometer registers 170° F. (for bone-in or boneless cuts). Steaks, porklets and patties are usually cooked by braising or panfrying although steaks are popular for outdoor broiling or grilling. Chops can be broiled or grilled or braised. Chops and steaks should be cooked at a moderate temperature so that they are well done in the center but are not dry on the surface. To cook sausage links or patties, place them in a cold frying-pan, add 2 to 4 tablespoons water, cover tightly and cook slowly 5 to 8 minutes depending on size and thickness. Pour off the drippings and cook uncovered until browned.

CURED-AND-SMOKED PORK: Large “cook-before-eating” cuts should be baked (roasted) at 300° F. to 325° F. until the meat thermometer registers 160° F. for hams, loins and Canadian-style bacon; 170° F. for picnics or shoulder rolls (butts). Ham, Canadian-style bacon slices, bacon and smoked chops are broiled, panbroiled or panfried.

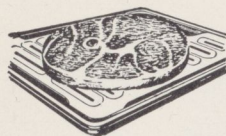
COOKING PORK THE RIGHT WAY IS THE EASY AND ECONOMICAL WAY—THE 6 BASIC METHODS

To Roast



1. Season with salt and pepper, if desired.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

To Broil



1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until meat is brown on one side.
4. Season with salt and pepper, if desired.
5. Turn meat and cook until done.
6. Season, if desired. Serve at once.

To Panbroil



1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Season, if desired. Serve at once.

To Braise



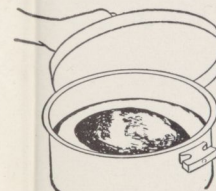
1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper, if desired.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

To Panfry



1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper, if desired.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

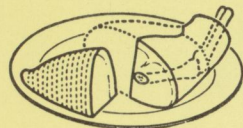
To Cook in Liquid



1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper, if desired.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

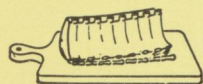
CARVING INSTRUCTIONS FOR 5 POPULAR CUTS OF PORK—IT'S EASIER THAN YOU THINK

Shank Half of Ham

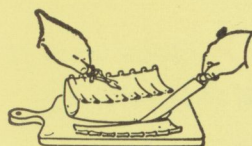


Remove the cushion section, turn it on the cut side, as shown in the illustration, and make slices beginning at the large end. For further servings from the remaining section, separate it from the shank by cutting through the joint; remove bone, turn and slice.

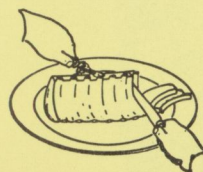
Pork Loin Roast



Have retailer saw backbone free from ribs for easier carving. Saw cut should not cut into meaty center.

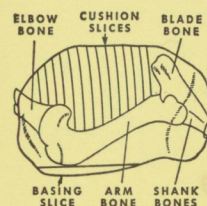


Before the roast is brought to the table, remove the backbone. Do this by cutting close along the bone, leaving as much meat on roast as possible. Place roast with bone side facing carver.

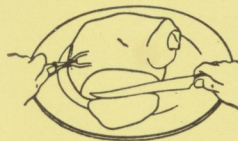


Insert the fork in the top of the roast. Make slices by cutting close along each side of the rib bone. One slice will contain the rib, the next will be boneless.

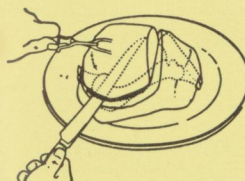
Picnic Shoulder



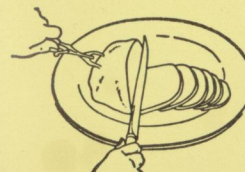
The diagram is your road map for carving attractive servings from a pork picnic shoulder. It may be a baked smoked picnic or a roasted fresh picnic . . . the method of carving is the same.



Place picnic on platter with fat side up and shank to carver's right. Use fork to anchor picnic, then remove a lengthwise basing slice from side opposite elbow bone.

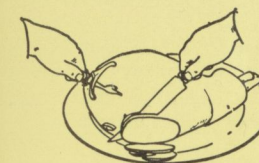


Cut down to arm bone at a point near elbow bone, then turn knife and cut along arm bone to remove boneless arm meat in one piece.

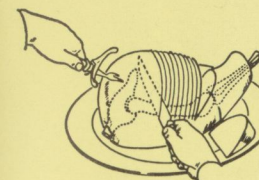


Carve boneless arm meat by making perpendicular slices from top side of meat down to platter. It is advisable to carve on a wooden board or a platter with a wooden insert.

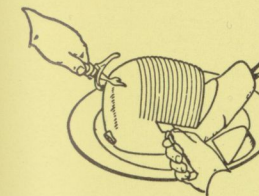
Whole Ham



Place the ham on the platter with the decorated side up and the shank to the carver's right. Remove several slices from the thin side to form a solid base on which to set the ham.

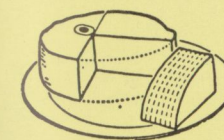


Turn the ham on its base. Starting at the shank end, a small wedge cut is removed; then carve perpendicular to the leg bone as shown at the left.



Release slices by cutting under them and along the leg bone, starting at the shank end. For additional servings, turn ham over to the original position and make slices to the bone, release and serve.

Center Ham Slice



Divide into thirds and turn the sections on the largest flat base. Carve the slices across the grain, making them the thickness desired.

Time and temperature tables for pork cookery

BROILING AT MODERATE TEMPERATURE*

CUT	Approx. Thickness	Approx. Total Cooking Time
SMOKED		
Ham Slice	½ inch	10 to 12
Ham Slice	1 inch	16 to 20
Loin Chops	½ to ¾ inch	15 to 20
Canadian-Style Bacon		
Sliced	¼ inch	6 to 8
Sliced	½ inch	8 to 10
Bacon		4 to 5
Ham Patties	1 inch	16 to 20
FRESH		
Rib or loin chops	¾ to 1 inch	20 to 25
Shoulder Steaks	½ to ¾ inch	20 to 22
Patties	1 inch	20 to 25
Pork Kabobs	1½x1½x¾ to 1 inch	22 to 25

*When a moderate temperature is used for broiling, the slices are done by the time they are browned on both sides.

BRAISING

CUT	Approx. Weight or Thickness	Total Cooking Time
Chops, fresh	¾ to 1½ inches	45 to 60 min.
Spareribs	2 to 3 pounds	1½ hrs.
Backribs		1½ to 2 hrs.
Country style backbones		1½ to 2 hrs.
Tenderloin		
Whole	¾ to 1 pound	45 to 60 min.
Fillets	½ inch	30 min.
Shoulder steaks	¾ inch	45 to 60 min.
Cubes	1 to 1¼ inches	45 to 60 min.

COOKING IN LIQUID

CUT	Approx. Weight	Total Cooking Time
SMOKED		
Ham (old style and country cured)	Pounds	Hours
Large	12 to 16	4½ to 5
Small	10 to 12	4½ to 5
Half	5 to 8	3 to 4
Picnic Shoulder	5 to 8	3½ to 4
Shoulder roll	2 to 4	1½ to 1¾
Hocks		2 to 2½
FRESH		
Spareribs		2 to 2½
Country style backbones		2 to 2½
Hocks		2½ to 3

ROASTING AT 300°F.-350°F.*

OVEN TEMPERATURE

CUT	Approx. Weight	Meat Thermometer Reading	Cooking Time
FRESH			
	Pounds	Degrees F.	Min. Per Lb.
Loin			
Center	3 to 5	170°F.	30 to 35
Half	5 to 7	170°F.	35 to 40
End	3 to 4	170°F.	40 to 45
Roll	3 to 5	170°F.	35 to 40
Boneless Top	2 to 4	170°F.	30 to 35
Crown	4 to 6	170°F.	35 to 40
Picnic Shoulder			
Bone-In	5 to 8	170°F.	30 to 35
Rolled	3 to 5	170°F.	35 to 40
Boston Shoulder	4 to 6	170°F.	40 to 45
Leg (fresh ham)			
Whole (bone-in)	12 to 16	170°F.	22 to 26
Whole (boneless)	10 to 14	170°F.	24 to 28
Half (bone-in)	5 to 8	170°F.	35 to 40
Tenderloin	½ to 1		45 to 60
Back ribs		Cooked	1½ to 2½
Country-style backbones		Well Done	1½ to 2½
Spareribs			1½ to 2½
Pork loaf	2		1¾
SMOKED			
Ham (cook-before-eating)			
Whole	10 to 14	160°F.	18 to 20
Half	5 to 7	160°F.	22 to 25
Shank Portion	3 to 4	160°F.	35 to 40
Butt Portion	3 to 4	160°F.	35 to 40
Ham (fully-cooked)**			
Half	5 to 7	140°F.	18 to 24
Loin	3 to 5	160°F.	25 to 30
Picnic Shoulder (cook-before-eating)	5 to 8	170°F.	35
Picnic Shoulder (fully-cooked)	5 to 8	140°F.	25 to 30
Shoulder roll (butt)	2 to 4	170°F.	35
Canadian-style bacon	2 to 4	160°F.	35 to 40
Ham Kabobs	1" to 1½" cubes		45 to 60
Ham Loaf	2	160°F.	1½ hrs.
Ham Patties	1" thick	160°F.	45 to 60

*325°F. to 350°F. oven temperature is recommended for fresh pork and 300°F. to 325°F. oven temperature for smoked pork.

**Heat "fully-cooked" whole hams to 140°F. internal temperature. Allow 15 to 18 minutes per pound for heating.

The National Live Stock and Meat Board is a non-profit service organization, supported by and representing the entire livestock and meat industry. The Board's purpose is to initiate, sponsor and encourage scientific research on the place of red meat in the diet and its relation to health; conduct a continuous and far-reaching program of education and information about beef, veal, pork, lamb and associated meat products; and assist all segments of the livestock and meat industry in presenting a constantly-improved meat product to the American public.

published by the
**NATIONAL LIVE STOCK
AND MEAT BOARD**

36 SOUTH WABASH AVENUE • CHICAGO, ILLINOIS 60603

Printed in U.S.A.
971150

