

COOKING METHOD	CUT	THICKNESS/WEIGHT	INTERNAL TEMP. (FAHRENHEIT)	AVERAGE COOKING TIME (MINUTES PER POUND OR TOTAL MINUTES)
ROASTING Roast at 350° F., unless otherwise noted. Roast in a shallow pan, uncovered.	Loin Roast, Bone-In and Boneless*	2–5 lbs.	150°	20 minutes per lb.
	Crown Roast*	6–10 lbs.	150°	20 minutes per lb.
	Fresh Leg/Uncured Ham*	3½ lbs.	150°	20 minutes per lb.
	Shoulder Butt*	3–6 lbs.	160°	30 minutes per lb.
	Tenderloin (roast at 425°F.)	½–1½ lbs.	160°	20–30 minutes total time
	Ribs	—	Tender	1½–2 hours
	Ham, fully cooked	5–6 lbs.	140°	20 minutes per lb.
BROILING 4–5 inches from heat OR GRILLING Over direct, medium heat; turn once halfway through grilling.	Loin Chops, Bone-In or Boneless	¾ inch	160°	8–10 minutes total time
	Thick Loin Chops, Boneless	1½ inches	160°	12–16 minutes total time
	Kabobs	1–inch cubes	Tender	10–15 minutes total
	Tenderloin	½–1½ lbs.	160°	15–25 minutes total time
	Ribs (<i>grill over indirect heat</i>)	—	Tender	1½–2 hours total
	Ground Pork Patties	½–inch	160°	8–10 minutes total time
BARBECUING Over indirect medium heat (285° F.)	Loin Roast, Bone-In and Boneless*	2–5 lbs.	160°	20 minutes per lb.
	Shoulder Butt*	3–6 lbs.	160°	45 minutes per lb.
	Ribs	—	Tender	1½–2 hours total
	Leg	3½ lbs.	160°	40 minutes per lb.
SAUTÉING Add a little cooking oil to pan; sauté over medium–high heat and turn once halfway through cooking time.	Loin Chops, Bone-In or Boneless	¾ inch	160°	7–8 minutes total time
	Tenderloin Medallions	¼–½ inch	Tender	4–8 minutes total time
	Ground Pork Patties	½ inch	160°	8–10 minutes total time
	Cutlets	¼ inch	Tender	3–4 minutes
BRAISING Cook, covered, with liquid at a simmer; turn once halfway through cooking time.	Chops or Cutlets	¼–1 inch	160°	8–15 minutes total time
	Loin Cubes	1 inch	Tender	8–10 minutes
	Tenderloin Medallions	½–¾ inch	160°	8–10 minutes
	Shoulder Butt*	3–6 lbs.	Tender	2–2½ hours
	Ribs	—	Tender	1½–2 hours total
STEWING Cook, covered, with liquid at a slow simmer.	Ribs	—	Tender	2–2½ hours
	Loin or Shoulder Cubes	1 inch	Tender	45 minutes–1 hour

*NOTE: For easier slicing and to let the pork juices redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.

