



PORK CHART

RETAIL CUTS OF PORK — WHERE THEY COME FROM AND HOW TO COOK THEM


BOSTON SHOULDER




Cubed Steak*
— Braise, Cook in Liquid, Broil



Pork Cubes




Blade Steak
— Braise, Panfry




Smoked Shoulder Roll
— Roast (Bake), Cook in Liquid

BONELESS SHOULDER




Boneless Blade Boston Roast




Blade Boston Roast
— Braise, Roast

BOSTON SHOULDER



Fat Back
— Panfry, Cook in Liquid



Lard
— Pastry, Cookies, Quick Breads, Cakes, Frying

BOSTON SHOULDER
① CLEAR PLATE
④ FAT BACK

LOIN



Blade Chop



Rib Chop



Loin Chop



Sirloin Chop



Cubed Steak*



Butterfly Chop



Top Loin Chop



Sirloin Cutlet

— Braise, Broil, Panbroil, Panfry —



Country-Style Ribs



Back Ribs



Smoked Loin Chop



Canadian-Style Bacon

— Roast (Bake), Braise, Cook in Liquid — — Roast (Bake), Broil, Panbroil, Panfry —



Boneless Top Loin Roast



Boneless Top Loin Roast (Double)



Tenderloin

— Roast — — Roast (Bake), Braise, Panfry —



Blade Loin



Center Loin



Sirloin

LOIN

LEG (FRESH OR SMOKED HAM)



Boneless Leg (Fresh Ham)
— Roast —



Sliced Cooked "Boiled" Ham
— Heat or Serve Cold —




Boneless Smoked Ham



Canned Ham

— Roast (Bake) —




Boneless Smoked Ham Slices



Center Smoked Ham Slice

— Broil, Panbroil, Panfry —



Smoked Ham, Rump (Butt) Portion



Smoked Ham, Shank Portion

— Roast (Bake), Cook in Liquid —

BACON (SIDE PORK)



Spareribs



Slab Bacon



Salt Pork




Sliced Bacon


— Bake, Broil, Panbroil, Panfry, Cook in Liquid — — Bake, Broil, Panbroil, Panfry —

① SPARERIBS ② BACON (SIDE PORK)

PICNIC SHOULDER




Fresh Arm Picnic




Smoked Arm Picnic

— Roast — — Roast (Bake), Cook in Liquid —

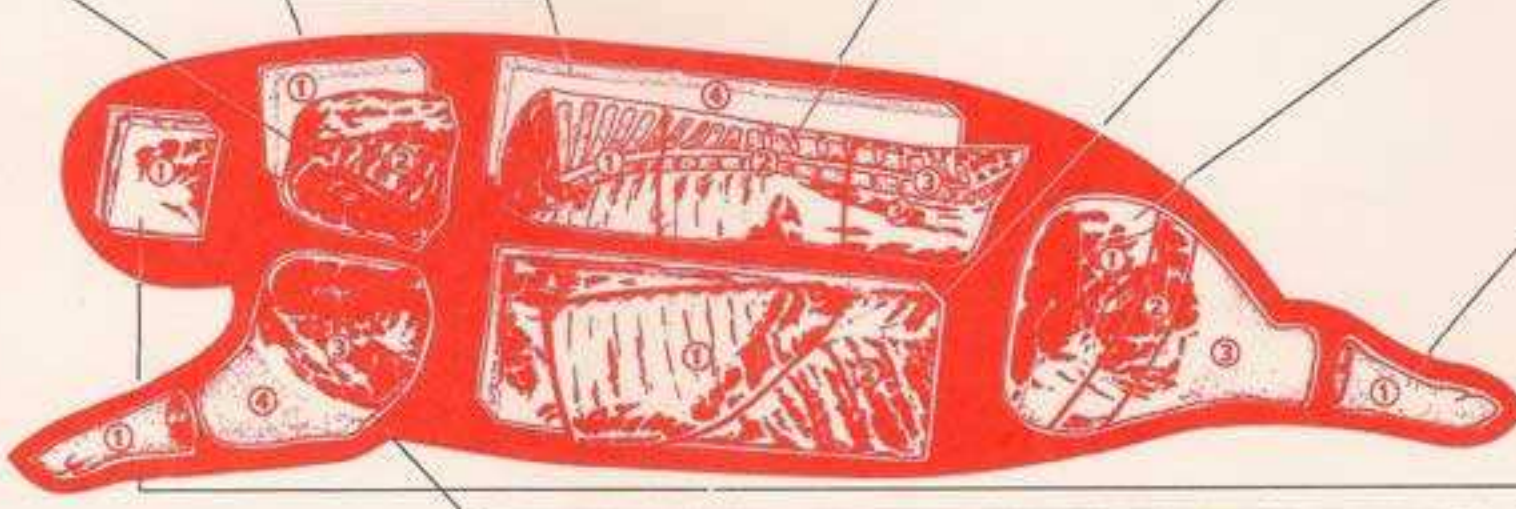


Arm Roast



Ground Pork*

— Roast (Bake), Panbroil, Panfry —



JOWL



Pig's Feet
— Cook in Liquid, Braise —



Smoked Jowl
— Cook in Liquid, Broil, Panbroil, Panfry —

PICNIC SHOULDER



Arm Steak



Link Sausage*



Roll Sausage*

— Braise, Panfry — — Panfry, Braise, Bake —



Fresh Hock



Smoked Hock



Neck Bones

— Braise, Cook in Liquid — — Cook in Liquid —

This chart approved by
National Live Stock and Meat Board

*May be made from Boston Shoulder, Picnic Shoulder, Loin or Leg.