

# Cooking Chart



Method	Cut	Thickness/ Weight	Cooking Time in minutes
<b>Roasting</b> Preheat oven to 350°F. Place pork on rack in shallow pan, uncovered.	Boston Butt Roast	3-6 lbs.	28 per pound
	Pork Loin Rib End Roast	2-5 lbs.	27 per pound, 5 rest*
	Bone-In Center Cut Roast	3-5 lbs.	30-35 per pound
	Tenderloin (450°F)	1-1 1/2 lbs.	28-30 total, 5 rest*
<b>Broiling</b> Preheat broiler to high. Place broiler pan 4 inches from heat.	Tenderloin	1-1 1/2 lbs.	8-12 per side
	Tenderloin Medallions	3/4-1 inch	4 per side
	Kabobs	1 inch	5 per side (10 total)
	Ribs	3-4 lbs.	35 total, turning frequently
<b>Grilling</b> Direct - grill covered or uncovered over hot coals 4 inches from heat, turning frequently. Indirect - Grill covered with coals off to side, drip pan with water under pork, turning frequently.	Bone-In Center Cut Chops	1/2-3/4 inches	3 per side; uncovered
	Tenderloin	1 lb.	16 per pound, covered
	Kabobs	3/4-1 inch	4-5 per side, uncovered
	Ribs	2-4 lbs.	1 1/2-2 hrs. total; indirect method
<b>Steam/Grill</b> Shallow pan with 1/4 inch water, covered in 350°F oven for 1 hour.	Ribs	2-4 lbs.	Steam for 1 hour; then 20-25 min. on grill, turn frequently.

COOK TO  
AN INTERNAL  
TEMPERATURE  
OF 150°.

DO NOT OVERCOOK.

FOR QUESTIONS  
OR RECIPE IDEAS, CALL  
1-800-799-LEAN.

Method	Cut	Thickness/Weight	Cooking Time (minutes)
<b>Sauté</b> In skillet, heat 1-2 teaspoons vegetable or olive oil over medium heat, turn as needed.	Bone-In Center Cut Chops	1/2-3/4 inches	3 per side
	Boneless Center Cut Chops	1/2-3/4 inches	2 1/2-3 per side
	Pork Cutlets	1/4-3/8 inches	1 per side
	Tenderloin Medallions	3/4-1 inches	3 per side
	Fresh Ham for Scaloppini	2-3 oz.	1 per side
<b>Stir Fry</b> In wok or skillet heat 2 teaspoons of oil over high heat. Stir constantly.	Pork Strips	1/4 x 1/4 x 2 inches	1 1/2 total
<b>Pan Broil</b> Brush pan with small amount of oil. Pre-heat pan over medium-high heat. Turn as needed. <i>Non-stick pan — omit oil.</i>	Boneless Center Cut Chops	1/2-3/4 inches	3 per side
	Bone-In Center Cut Chops	3/4 inches	3-3 1/2 per side
	Tenderloin Medallions	3/4-1 inches	3 per side
	London Broil	1/2-3/4 inches	3 per side
<b>Braise</b> In large, heavy, oven-proof pot, heat 1 tablespoon of oil over high heat. Brown all sides. Add 1/2 inch of water. Cover and bake in 350°F oven or simmer on low heat on top of range.	Boston Butt Roast	3-6 lbs.	22 per pound, rest* covered 10 minutes.
	Fresh Ham Roast	1 1/2-2 1/2 lbs.	22 per pound, rest* covered 10 minutes.
<b>Stew</b> In pot, heat 2 teaspoons of oil over high heat. Brown cubes on all sides, stirring constantly. Add water or broth to cover. Bring to a simmer, reduce heat, cover & simmer gently.	Pork Cubes	1 inch	40 minutes



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 USE CARE IN TIMING.  
 COOK TO INTERNAL  
 TEMPERATURE OF  
 150°. USE A MEAT  
 THERMOMETER.

\*Resting time allows  
 the pork fibers to relax and  
 the juices to redistribute  
 evenly throughout the cut.