



PORK CHART

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


BOSTON SHOULDER



Cubed Steak* Pork Cubes
— Braise, Cook in Liquid, —
Broil




② Blade Steak ② Smoked Shoulder Roll
— Braise, Panfry — Roast (Bake), Cook in Liquid




② Boneless Blade Boston Roast
② Blade Boston Roast
— Braise, Roast —

FAT BACK



④ Fat Back
Pastry, Cook in Liquid


LARD




① ④ Lard
Pastry, Cookies, —
Quick Breads, —
Cakes, Frying

① **CLEAR PLATE**
④ **FAT BACK**


LOIN




① Blade Chop ② Rib Chop ② Loin Chop ③ Sirloin Chop




Cubed Steak* ② ③ Butterfly Chop ② Top Loin Chop ③ Sirloin Outlet
— Braise, Broil, Panbroil, Panfry —



① Country-Style Ribs ① ② Back Ribs ② Smoked Loin Chop ① ② ③ Canadian-Style Bacon
— Roast (Bake), Braise, Cook in Liquid — — Roast (Bake), Broil, Panbroil, Panfry —



① ② ③ Boneless Top Loin Roast ① ② ③ Boneless Top Loin Roast (Double) ② ③ Tenderloin
— Roast — — Roast (Bake), Braise, Panfry —



① Blade Loin ② Center Loin ③ Sirloin
— Roast —

LEG (FRESH OR SMOKED HAM)



① ② ③ Boneless Leg (Fresh Ham) ① ② ③ Sliced Cooked "Boiled" Ham
— Roast — — Heat or Serve Cold —



① ② ③ Boneless Smoked Ham ① ② ③ Canned Ham
— Roast (Bake) —

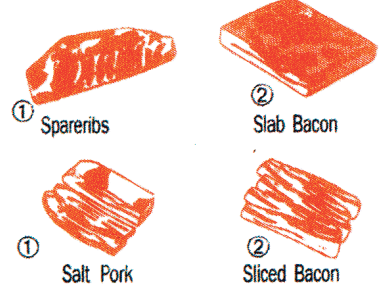


② Boneless Smoked Ham Slices ② Center Smoked Ham Slice
— Broil, Panbroil, Panfry —




① ② Smoked Ham, Rump (Butt) Portion ③ Smoked Ham, Shank Portion
— Roast (Bake), Cook in Liquid —

PICNIC SHOULDER




① Spareribs ② Slab Bacon
① Salt Pork ② Sliced Bacon
— Bake, Broil, Panbroil, Panfry, Cook in Liquid — — Bake, Broil, Panbroil, Panfry —

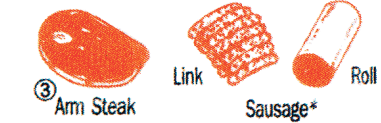
① **SPARERIBS** ② **BACON (SIDE PORK)**




③ ④ Fresh Arm Picnic ③ ④ Smoked Arm Picnic
— Roast — — Roast (Bake), Cook in Liquid —



③ Arm Roast Ground Pork*
— Roast — — Roast (Bake), Panbroil, Panfry —




③ Arm Steak Link Sausage* Roll
— Braise, Panfry — — Panfry, Braise, Bake —




① Fresh Hock ② Smoked Hock ③ Neck Bones
— Braise, Cook in Liquid — — Cook in Liquid —

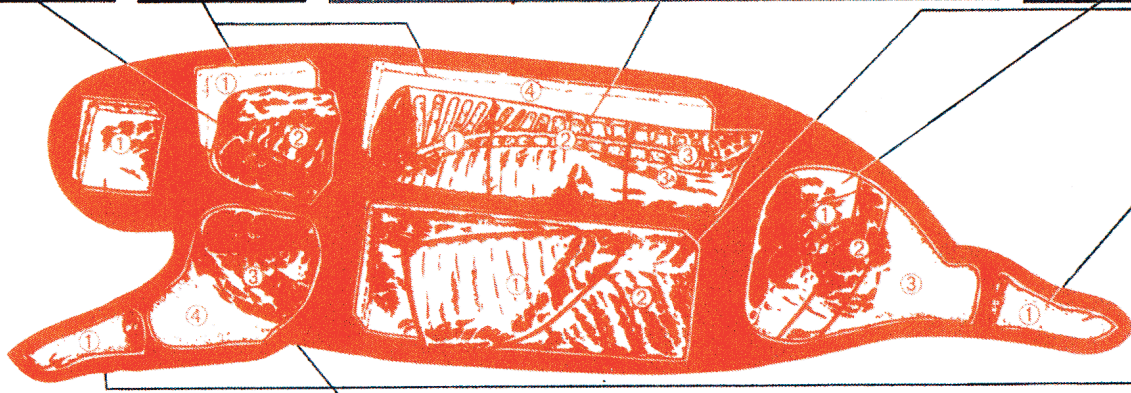
JOWL



① Pig's Feet
— Cook in Liquid, Braise —



① Smoked Jowl
Cook in Liquid, Broil, Panbroil, Panfry



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

This chart approved by
National Live Stock and Meat Board