



RETAIL CUTS OF PORK

WHERE THEY COME FROM AND HOW TO COOK THEM



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



④ Fat Back

Panfry, Cook in Liquid



② Blade Boston Roast

— Braise, Roast —

① ④ Lard

Pastry, Cookies, Quick Breads, Cakes, Frying

BOSTON SHOULDER
① CLEAR PLATE
④ FAT BACK



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



Cubed Steak*
② ③ Butterfly Chop
② Top Loin Chop
③ Sirloin Cutlet

— 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 —

LOIN



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

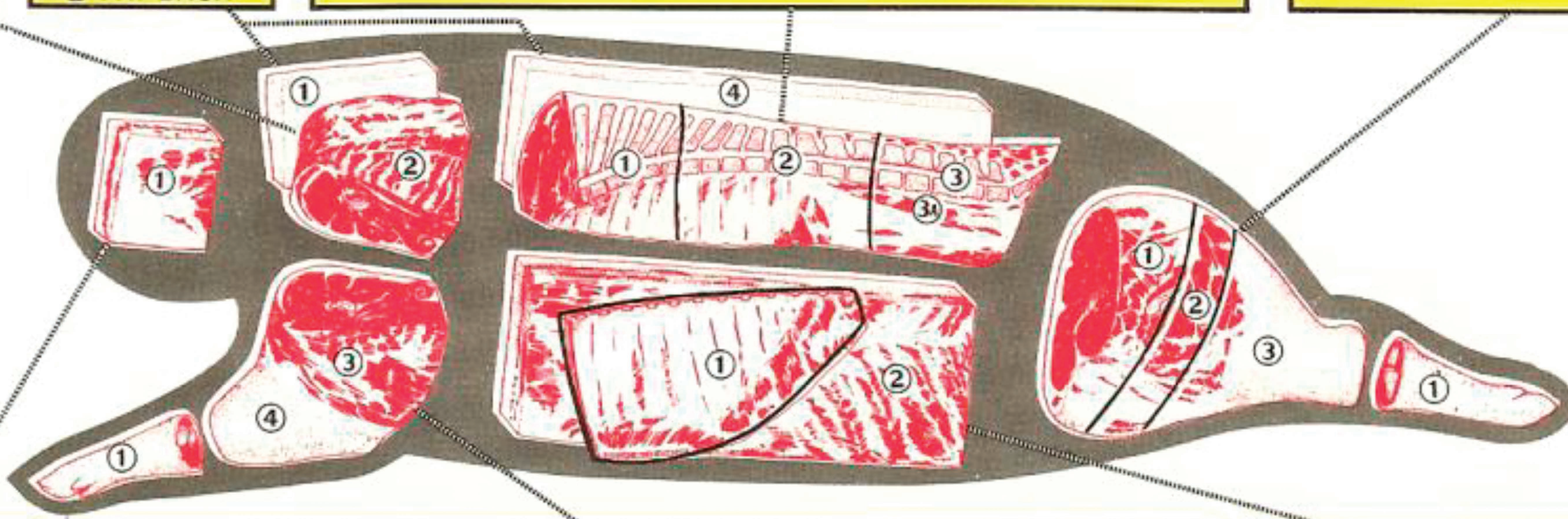
— Broil, Panbroil, Panfry —



① ② Smoked Ham, Rump (Butt) Portion
③ Smoked Ham, Shank Portion

— Roast (Bake), Cook in Liquid —

LEG (FRESH OR SMOKED HAM)



JOWL



① Smoked Jowl


— Cook in Liquid, Broil, Panbroil, Panfry —



① Pig's Feet


— Cook in Liquid, Braise —

PICNIC SHOULDER




③ ④ Fresh Arm Picnic
③ ④ Smoked Arm Picnic

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




③ Arm Roast

— Roast —




Ground Pork*

— Roast (Bake), Panbroil, Panfry —




③ Fresh Hock
③ Smoked Hock

— Braise, Cook in Liquid —




② ③ Neck Bones

— Cook in Liquid —



③ Arm Steak

— Braise, Panfry —



Link
Roll

Sausage*

— Panfry, Braise, Bake —

① SPARERIBS ② BACON (SIDE PORK)



① Spareribs



② Slab Bacon



① Salt Pork

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



② Sliced Bacon

— Bake, Broil, Panbroil, Panfry —

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

This chart approved by
National Live Stock and Meat Board

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