

This section is organized in the following order:

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# Pork

• RETAIL CUTS •  
WHERE THEY COME FROM  
HOW TO COOK THEM

<p><b>LEG/HAM</b></p> <ul style="list-style-type: none"> <li>Leg Cutlet (Pasty, Braise, Broil, Panbroil)</li> <li>Top Leg (Inside) Roast (Roast, Braise)</li> <li>Smoked Ham Roast</li> <li>Smoked Ham Shank Portion Roast</li> <li>Smoked Ham Center Slice (Roast, Panbroil, Pasty Roast)</li> <li>Smoked Ham Rump Portion Roast</li> <li>Canned Ham Roast</li> <li>Sliced Ham (Pasty, Panbroil, Braise)</li> <li>Boneless Smoked Ham Roast</li> </ul>	<p><b>LOIN</b></p> <ul style="list-style-type: none"> <li>Blade Chop (Roast, Broil, Panbroil, Pasty)</li> <li>Rib Chop (Roast, Panbroil, Pasty, Braise)</li> <li>Top Loin Chop (Roast, Panbroil, Pasty, Braise)</li> <li>Loin Chop (Roast, Panbroil, Pasty, Braise)</li> <li>Sirloin Chop (Roast)</li> <li>Butterfly Chop (Roast, Panbroil, Pasty, Braise)</li> <li>Back Ribs (Roast, Broil, Braise, Cook in Liquid)</li> <li>Tenderloin (Roast, Braise, Slice: Pasty, Braise)</li> <li>Country-Style Ribs (Roast, Braise, Broil, Cook in Liquid)</li> <li>Center Rib Roast</li> <li>Top Loin Roast (Double) Roast</li> <li>Blade Roast (Roast, Braise)</li> <li>Boneless Blade Roast (Roast, Braise)</li> <li>Sirloin Roast</li> <li>Center Loin Roast</li> <li>Boneless Sirloin Roast</li> <li>Crown Roast</li> <li>Smoked Loin Chop (Roast, Broil, Panbroil, Pasty)</li> <li>Canadian-Style Bacon (Roast, Broil, Panbroil, Pasty)</li> </ul>
<p><b>SHOULDER</b></p> <ul style="list-style-type: none"> <li>Blade Roast (Roast, Braise)</li> <li>Blade Steak (Braise, Broil, Panbroil, Pasty)</li> <li>Boneless Blade Roast (Roast, Braise)</li> <li>Smoked Shoulder Roll (Roast, Cook in Liquid)</li> <li>Boneless Arm Picnic Roast (Roast, Braise)</li> <li>Smoked Hocks (Braise, Cook in Liquid)</li> <li>Smoked Picnic (Roast, Cook in Liquid)</li> </ul>	<p><b>SIDE</b></p> <ul style="list-style-type: none"> <li>Spareribs (Roast, Broil, Cook in Liquid, Braise)</li> <li>Sliced Bacon (Pasty, Broil, Roast (Bake))</li> </ul>
	<p><b>OTHER CUTS</b></p> <ul style="list-style-type: none"> <li>Cubed Steak (Roast, Panbroil, Pasty)</li> <li>Pork Pieces (Braise, Cook in Liquid)</li> <li>Cubes for Kabobs (Roast, Braise)</li> <li>Ground Pork (Roast, Panbroil, Pasty, Roast (Bake))</li> <li>Sausage Links (Braise, Pasty, Roast)</li> </ul>

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Figure 2 -- Loin Roasts -- Center Cut

Figure 3 -- Portion Pieces -- Center Chops

Figure 4-- Whole or Half Loins

Figure 5 -- Center Loin or Strip Loin

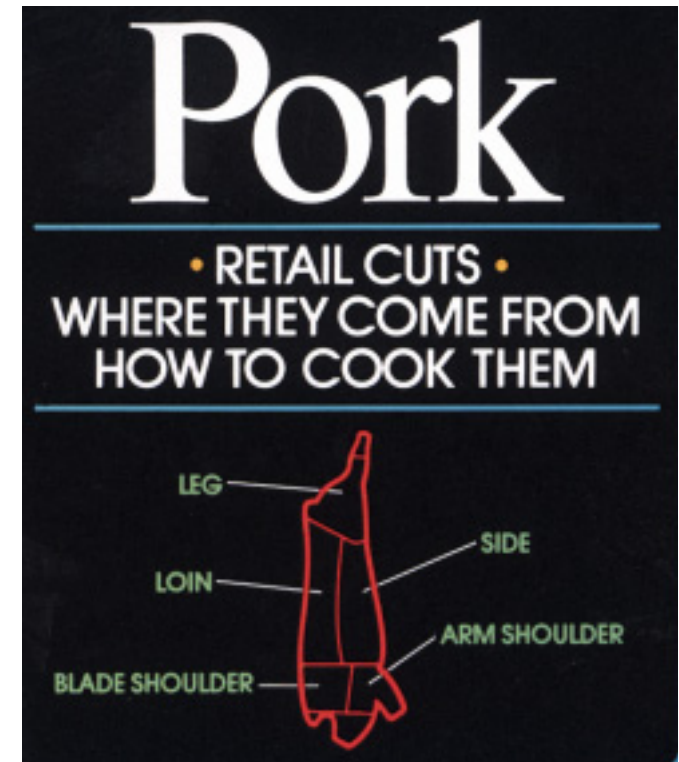
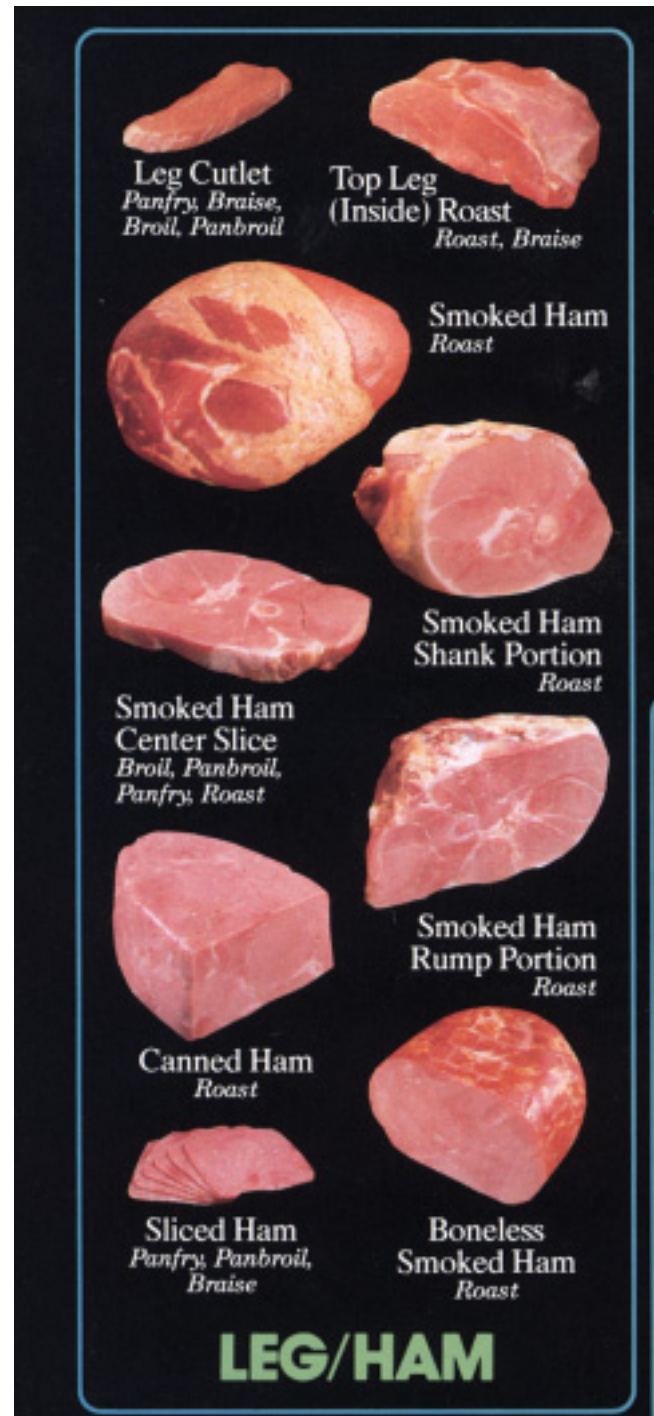
Figure 6 -- Simplified Pork Loin Nomenclature

Processed Pork Products



Pork Cuts

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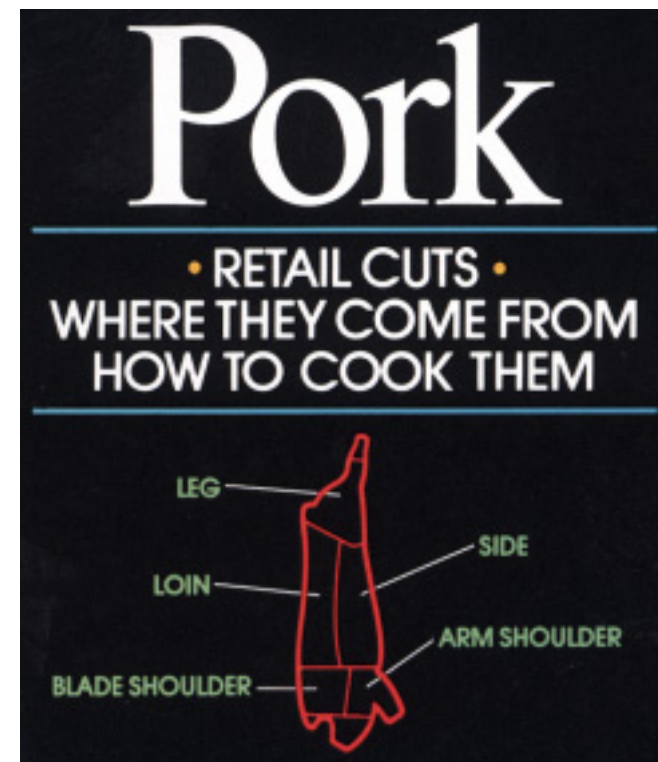
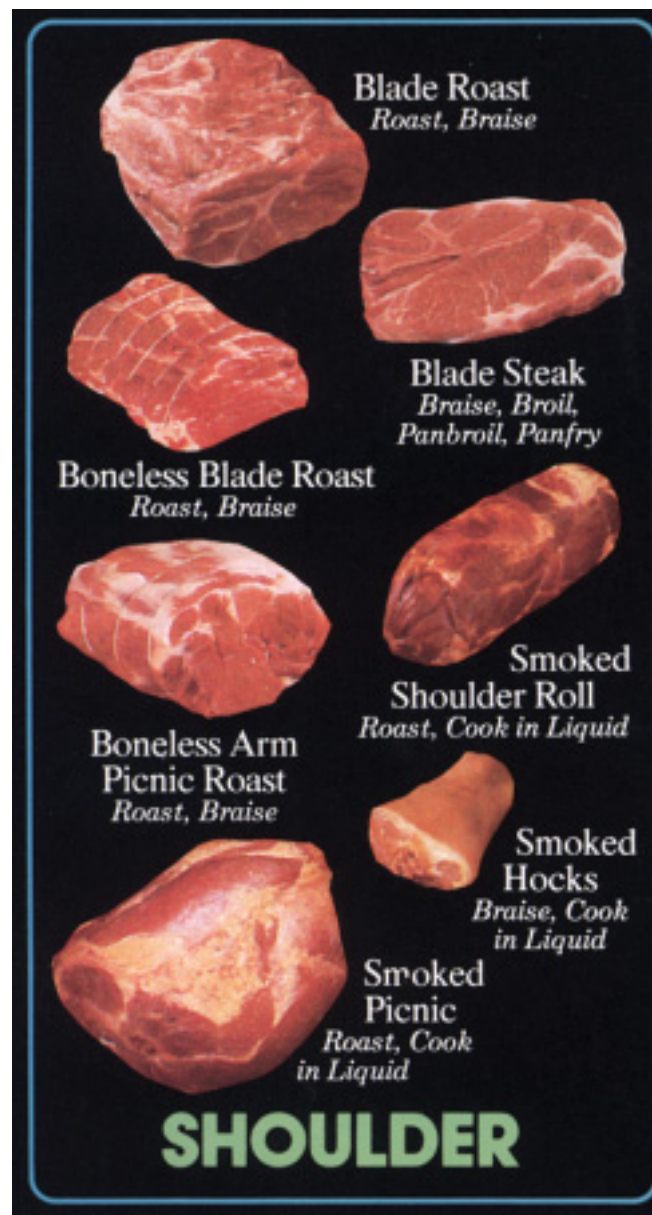
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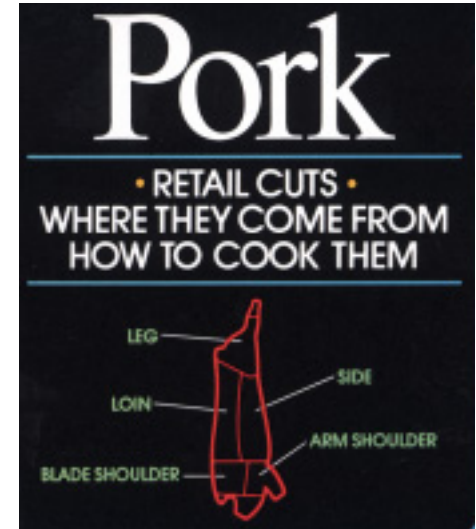
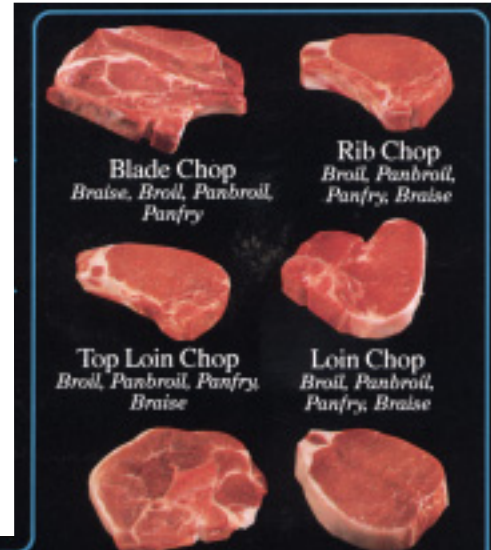
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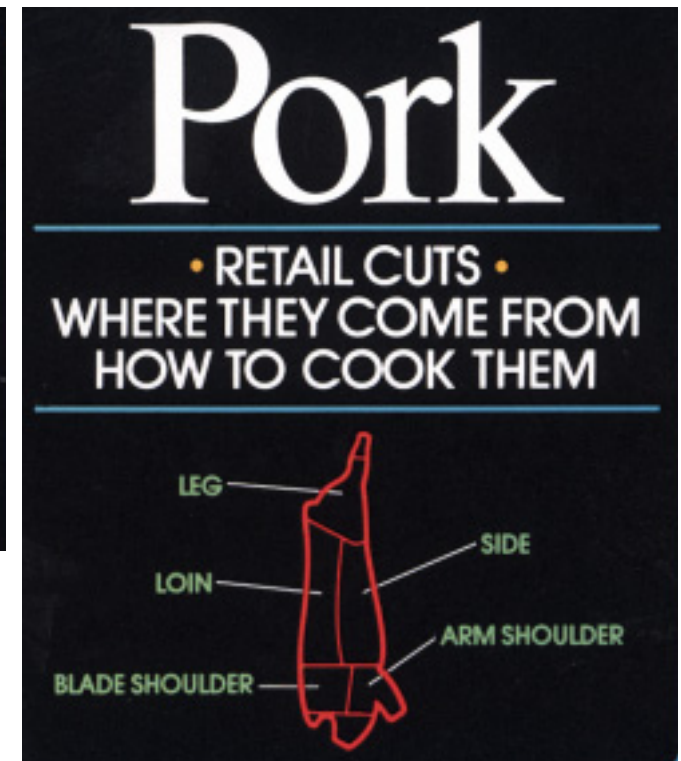
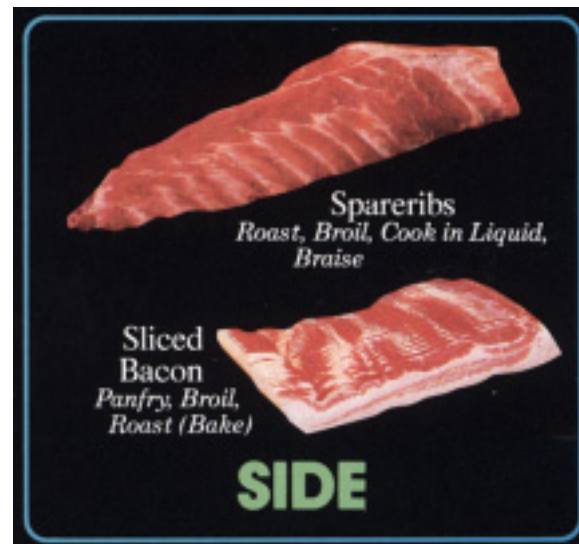
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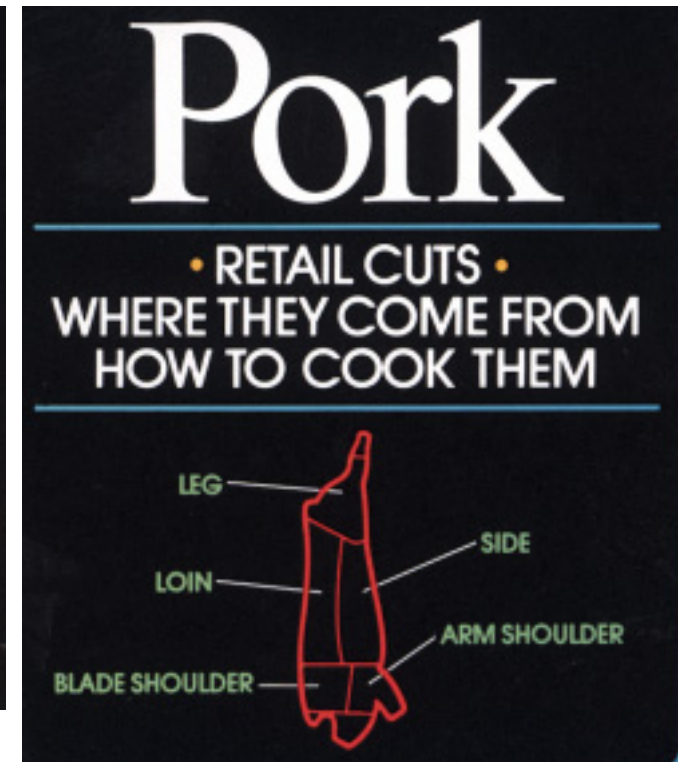
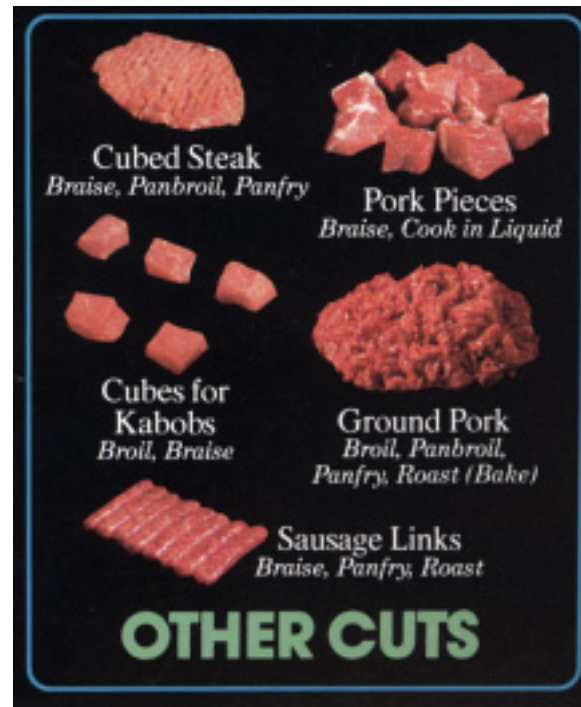
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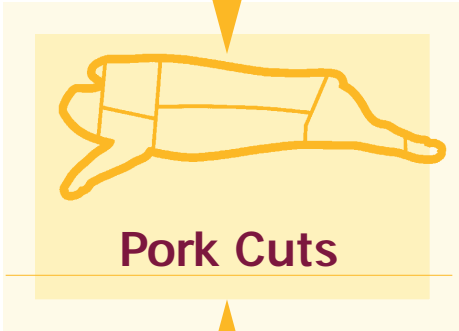
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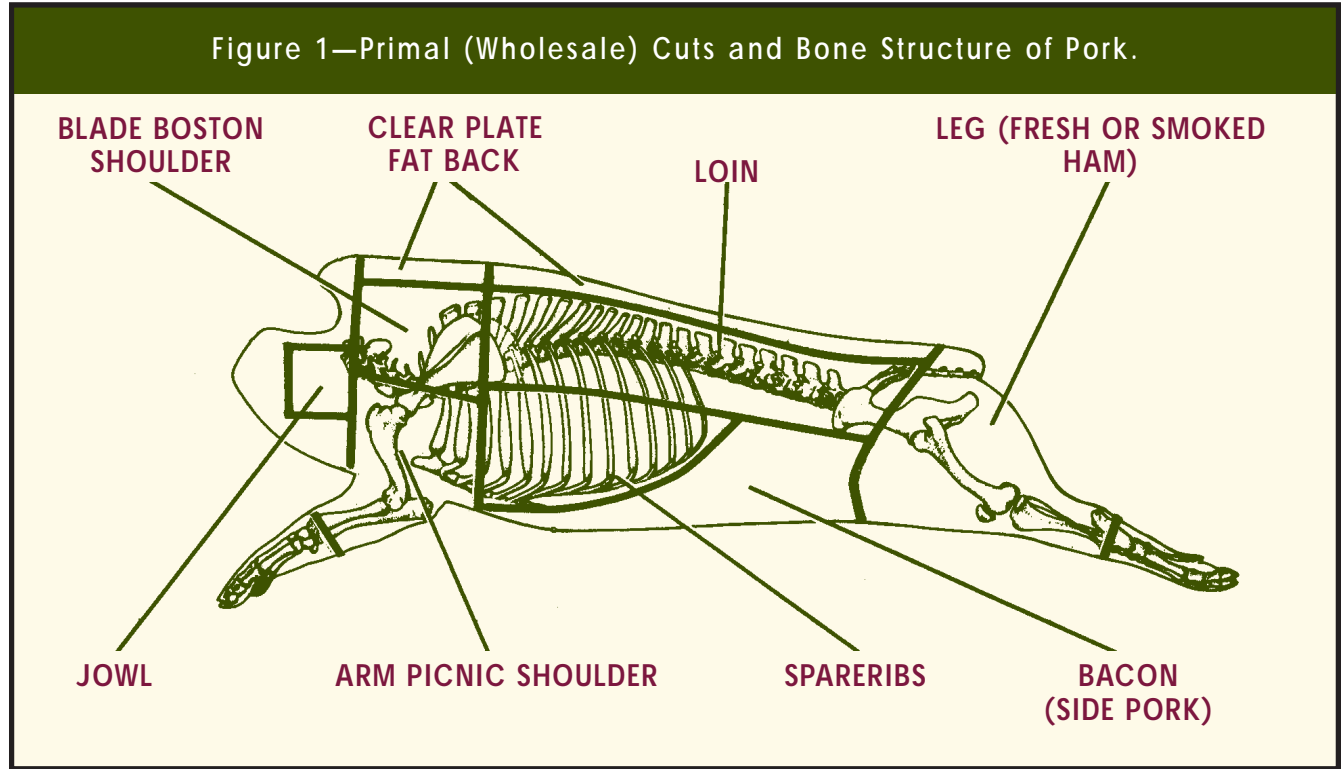
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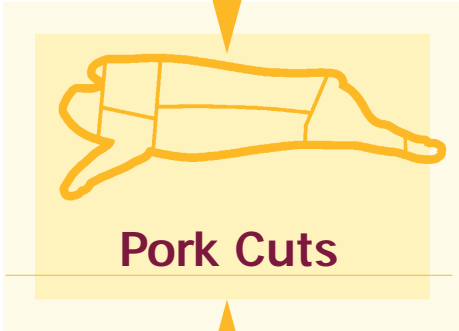
### PORK—Increasing in Popularity

Fresh pork has been steadily gaining in consumer popularity over the past 20 years as shoppers find a product far lower in fat than their mothers put in the market basket, and concerns of lurking disease (trichinosis) have all but disappeared. It makes good sense for retailers to take advantage of a growing consumer attitude that welcomes fresh pork on the dinner table.

The method for cutting pork carcasses is relatively universal across the country. Note the primal (wholesale) cuts illustrated in Figure 1. Most pork is fabricated at the processing plant, with about 35 percent reaching the consumer as fresh product and the balance as processed products such as cured hams, bacon, linked sausage, mortadella, bologna, wieners and many others.

The Shoulder is more likely to come to market as cured Arm Picnics and bone-in or boneless Boston-Style Shoulder (both fresh and cured).

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**Pork Loin.** Bone-in Pork Loins, blade in or bladeless, may be cut a number of ways. The four most common methods in the U.S. are shown in the following illustrations.

Figure 2—Loin Roasts—Center Chops



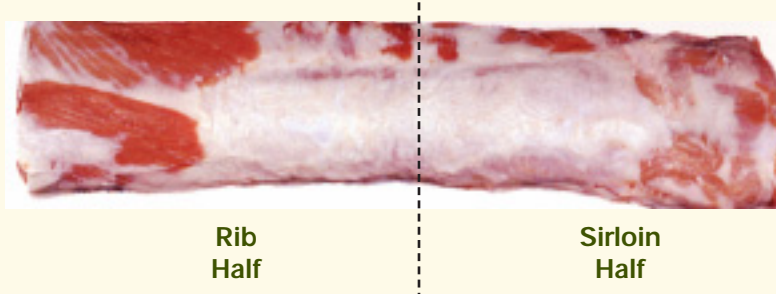
A Loin Roast contains from five to seven ribs and a five to seven inch Sirloin Roast is removed.

Figure 3—Portion Pieces—Center Chops



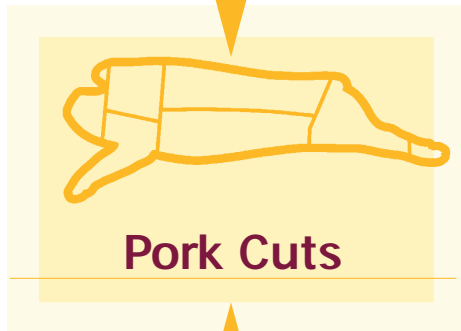
From eight to ten ribs are left in the rib portion while the Sirloin is cut from eight to 10 inches in length.

Figure 4—Whole or Half Loins



Here the Loin is divided as nearly in the middle as possible.





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Figure 5—Center Loin or Strip Loin



The Blade Loin Roast is removed by cutting immediately behind the blade bone, usually between the third and fourth ribs of the Loin. The Sirloin Roast is cut off immediately in front of the hip bone.

As indicated in Figures 1 thru 5, there are a variety of ways to merchandise the Pork Loin. However, the names of retail cuts from the Pork Loin can be confusing, since the same label name may correctly apply to different parts of the Loin. For example, a cut that can be labeled as Pork Loin Center Chops, may also be correctly labeled as either Rib Chops or Loin Chops. The fact that the Loin includes all of the Rib, Loin and Sirloin sections and part of the Shoulder Blade further challenges correct labeling. Also, a large number of Pork Loins are being sold in boneless form today, easily merchandised to consumers with a minimum of fat.

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**Pork Belly.** While Fresh Pork Side, both sliced and as portions, may be found at retail, most Pork Bellies are cured and smoked, and sold as bacon (slice or slab). Consumers should be aware that bacon is traditionally not heated to 145° F. during processing, and must be further cooked prior to eating.

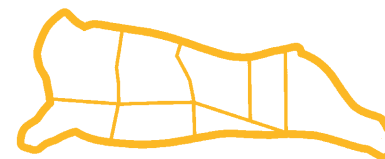
**Pork Leg.** Pork leg is the skinned short shank Ham. Most Pork Legs, however, continue to be sold as Cured and Smoked Hams rather than fresh. Increasingly, however, Fresh Pork Leg is being sold as fresh boneless muscle sections on cut as steaks and roasts. Traditionally, Pork Legs have been sold only in three basic sections: rump, center and shank. However, with increased availability of boneless, vacuum packaged leg sections, fresh steaks and roasts are becoming more prevalent at the retail case.



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