

# How to Cook Pork

Method	Cut	Thickness/ Weight	Average Recommended Cooking Time (minutes per lb. OR total minutes)
<b>Roasting</b> Roast at 350°F, unless otherwise noted. Roast in a shallow pan, uncovered.	New York Roast; bone-in and boneless	2 - 5 lbs.	2 lbs. roast = 20 minutes (per lb.) 3½ - 5 lbs. roast = 15 minutes (per lb.)
	Tenderloin (Roast at 425°F)	½ - 1½ lbs.	20 - 27 minutes (total)
	Loin Back Ribs	---	1½ - 2 hours (total)
	Spareribs/St. Louis-Style Ribs	---	1½ - 2 hours (total)
<b>Broiling</b> 4-5 inches from heat  OR	Tenderloin	½ - 1½ lbs.	20 minutes (total)
	Porterhouse, New York and Ribeye Pork Chops; thin	¾ inch 1½ inch	8 - 9 minutes (total) 12 - 16 minutes (total)
<b>Grilling</b> Over direct, medium heat; turn once halfway through grilling.	Blade Steak	½ - ¾ inch	20 minutes (total)
	Shoulder Country-Style Ribs	1½ inch	12 - 16 minutes (total)
	Loin Country-Style Ribs; bone-in and boneless	1½ inch	12 - 16 minutes (total)
<b>Barbecuing</b> Over indirect medium heat (285°F).	New York Roast; bone-in and boneless	2 - 5 lbs.	2 lbs. roast = 20 minutes (per lb.) 3½ - 5 lbs. roast = 15 minutes (per lb.)
	Shoulder Roast; bone-in	3-6 lbs.	45 minutes (per lb.)
	Loin Back Ribs	--	1½ - 2 hours (total)
	Spareribs	--	1½ - 2 hours (total)
<b>Sautéing</b> Add a little cooking oil to a pan; sauté over medium-high heat and turn once halfway through cooking time.	New York Pork Chop; thin	¾ inch	8 minutes (total)
	Ribeye Pork Chop; thin	¾ inch	8 minutes (total)
	Sirloin Pork Chop; bone-in and boneless	½ - ¾ inch	6 - 8 minutes (total)
<b>Braising</b> Cook, covered, with a liquid at a simmer; turn once halfway through cooking time.	Shoulder Roast; bone-in	3-6 lbs.	2 - 2½ hours (total)
	Loin Back Ribs	--	1½ - 2 hours (total)
	Spareribs/St. Louis-Style Ribs	--	1½ - 2 hours (total)
	Blade Steak	½ - ¾ inch	20 minutes (total)

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145°F (medium rare) and 160°F (medium), followed by a 3-minute rest.