

GENERAL GUIDELINES

Meat should be taken out of refrigerator 20-25 minutes and let rest on table before cooking.

Preheating: Always pre-heat the oven, grill or broiler prior to cooking (it usually takes 10-15 minutes to reach designated temperature).

Oven Baking/Roasting: When possible, bake items on the center rack; otherwise, rotate items every 30-45 minutes to ensure even cooking.

Fat Side Up: When roasting, cook with the fat side up. As the fat melts during the cooking process, it will baste the meat and help keep it moist.

Turning: When turning meat, always use tongs and not a meat fork. This will ensure the meat is not pierced causing the loss of flavorful juices.

Use a Thermometer! We recommend using a probe thermometer for best results. Using an instant read thermometer removes the guesswork and ensures a perfect result every time!

Give It a Rest: After cooking, lightly cover the meat with foil and allow it to rest 5-15 minutes (depending on size) before carving. During the resting time, the internal temperature will raise 5 to 15° (depending on size). Be sure to plan for rise in temperature and remove the meat from the heat before hitting your desired temperature. The resting period also allows the meat to reabsorb interior juices making it more tender and flavorful.

COOKING DIRECTIONS

Ovens Vary

Be sure to plan for the rise in temperature of the piece of meat and remove the meat from the heat before hitting your desired doneness- see internal temperature chart below.

Frenched Standing Rack of Pork: Remove foil and make sure the roast is bone side up in pan. Place in preheated 375° oven for 15-20 minutes per pound or until internal temperature reaches 145°. Rest for 10 minutes before slicing.

Boneless Pork Loin Roast: Remove foil and make sure the roast is fat side up in pan. Place in preheated 375° for 15-20 minutes per pound or until internal temperature reaches 145°. Rest for 10 minutes before slicing.

Crown Roast of Pork: Remove foil and wrap tips of bones with foil to prevent over-browning. Place in preheated 350° oven, roast for 15-20 minutes per pound or until internal temperature reaches 145°. Rest for 10 minutes before slicing.

Bacon Wrapped Boneless Pork Loin Roast: Remove foil. Place in preheated 450° oven for 20 minutes for browning of bacon, then decrease temperature to 350° for 10-15 minutes per pound or until internal temperature reaches 145°. Rest for 10 minutes before slicing.

Stuffed Boneless Pork Chops: Remove foil and place pan in preheated 350° oven for 20-30 minutes or until internal temperature of meat reaches 145°.

Garlic Studded Pork Loin Roast: Preheat oven to 425°. Place in oven for 10-15 minutes, reduce heat to 325°. Roast for 20-25 minutes per pound. Allow meat to rest for 10 minutes before slicing.

Pork Internal Temperature Chart

Minimum Internal Temperature	Suggested Internal Temperature (slightly pink)	Well Done Internal Temperature (no pink)
145°	150°	155°-160°