













PURCHASING PORK:








pork.org/purchasingpork

How to Identify Pork Cuts


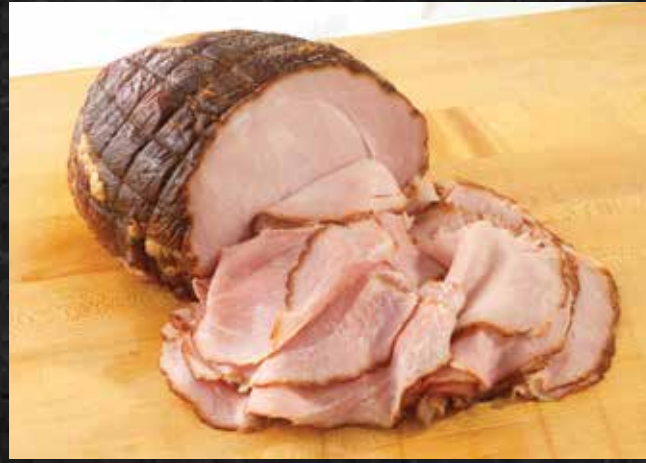


LOIN

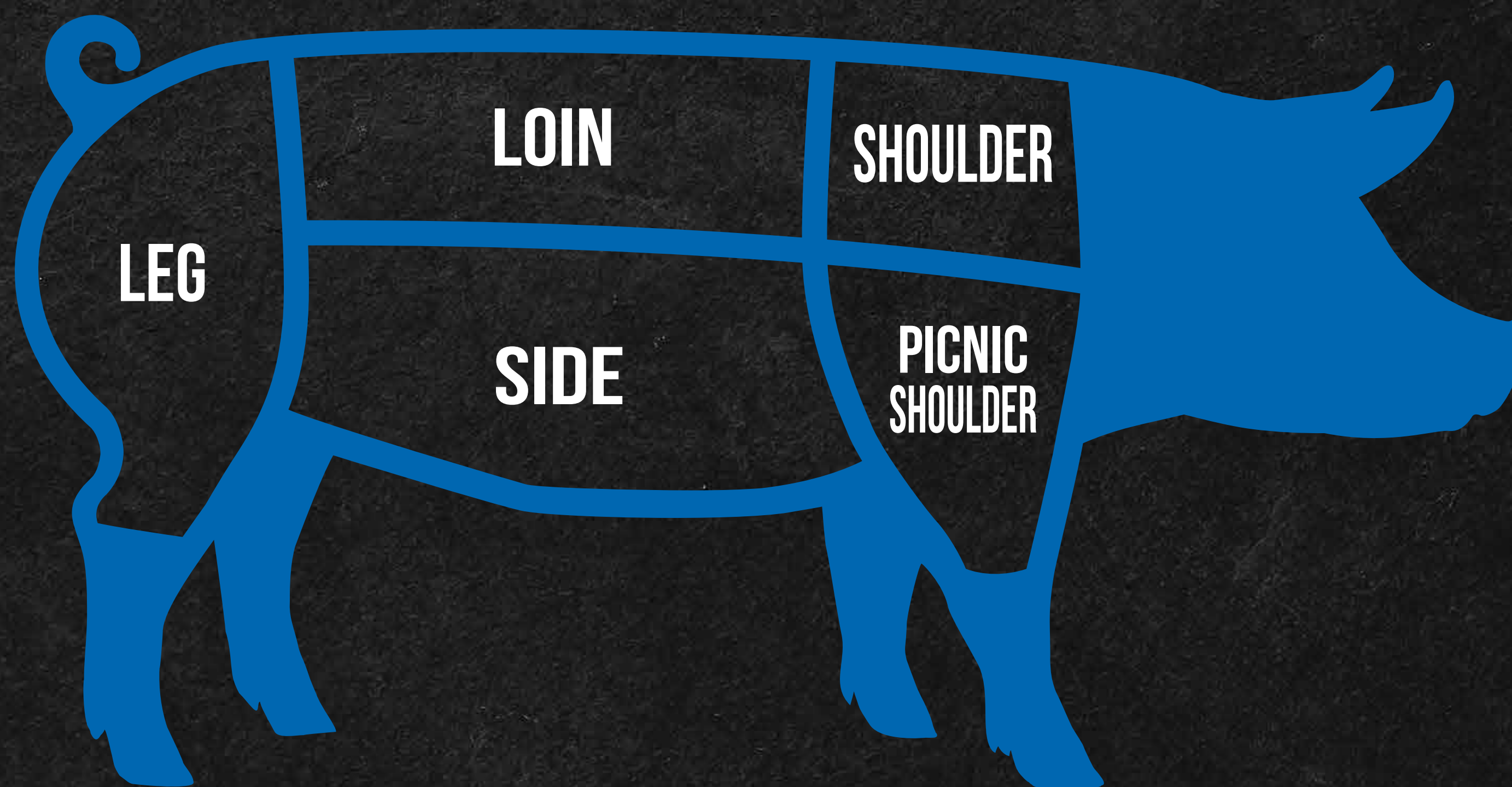
<p>Rack of Pork</p>  <p>□△</p>	<p>Pork Back Ribs</p>  <p>■○△</p>	<p>New York Pork Roast or Top Loin Roast</p>  <p>□△</p>	<p>New York Pork Chop</p>  <p>●■□</p>
<p>Country-Style Ribs, bone-in</p>  <p>■○△</p>	<p>Sirloin Tip Roast, boneless</p>  <p>□△</p>	<p>Ribeye Pork Chop</p>  <p>●■□</p>	<p>Ribeye Pork Chop, boneless</p>  <p>●■□</p>
<p>Sirloin Pork Roast, boneless</p>  <p>□△</p>	<p>Sirloin Pork Chop, boneless</p>  <p>●■□</p>	<p>Porterhouse Pork Chop</p>  <p>●■□</p>	<p>Pork Tenderloin</p>  <p>●□△</p>

SHOULDER





<p>Blade Steak, bone-in</p>  <p>●■□</p>	<p>Shoulder Roast, bone-in</p>  <p>■▲○△</p>
<p>Blade Pork Roast or Shoulder Blade Boston Roast</p>  <p>■▲○△</p>	<p>Ground Pork</p>  <p>●□</p>
<p>Pork Sausage</p>  <p>●▲□△</p>	

LEG

<p>Ham Shank</p>  <p>■</p>	<p>Ham</p>  <p>□△</p>
<p>Ham Steak</p>  <p>●□</p>	<p>Smoked Ham, bone-in</p>  <p>□△</p>





SIDE

<p>Pork Spareribs</p>  <p>○△</p>	<p>Pork St. Louis-Style Ribs</p>  <p>○△</p>
<p>Pork Belly, fresh</p>  <p>■△</p>	<p>Bacon, cured</p>  <p>●△</p>

PICNIC SHOULDER

<p>Arm Pork Roast or Arm Picnic</p>  <p>■▲○△</p>	<p>Picnic Roast, boneless</p>  <p>■▲○△</p>
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CUTLETS AND CUBES

<p>Pork Cutlets</p>  <p>●■□</p>	<p>Pork Cubes</p>  <p>■▲□</p>
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COOKING METHODS

- Sautéing
- ▲ Stewing
- Grilling/Broiling
- Braising
- Barbecuing
- ▲ Roasting/Baking