

# YOUR GUIDE TO PREPARING ONTARIO PORK

PORK MAKES IT  
**PERFECT**



**PORK ROAST**  
**COOK TO 160 F / 71 C**  
[ontariopork.com/recipes](http://ontariopork.com/recipes)  
COOK TO INTERNAL  
TEMPERATURE OF 155 F / 68 C.  
REST 3-5 MIN UNTIL  
TEMPERATURE  
IS 160 F / 71 C.

# FRESH ONTARIO PORK ROASTS



PORK RIB ROAST, BONELESS



The "Prime Rib" of premium quality oven roasts is well marbled, finely textured and delivers intense flavour.



PORK RIB ROAST, RACK



The "French Style" rib rack is a premium oven roast, available in many sizes, perfect for special occasions. Rib-end portions are well marbled for tender and juicy results.



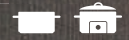
PORK LEG INSIDE ROAST, BONELESS



This is a firm-textured, mild flavoured oven roast, perfect for thin-sliced French dip-style sandwiches.



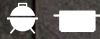
PORK LEG OUTSIDE ROAST, BONELESS



The outside oven roast offers firm-textured, medium-flavoured lean meat, perfect for smaller-portion roasts. It adapts well to brine, marinades, rubs and glazes to enhance flavour, juiciness and tenderness.



PORK RIB ROAST, RACK



Creating this showstopping rib roast is perfect for special occasions with family and friends. The combination of both the rib end and the centre cut portions of the loin offer something for every guest's preference.



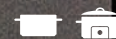
PORK LOIN, CENTRE ROAST, BONELESS



Boneless pork loin roasts are premium quality lean oven roasts perfect for larger roasting events. Pork loin roasts adapt well to brine, marinades, rubs and glazes to maximize flavour, juiciness and tenderness.



PORK LEG TIP ROAST, BONELESS



The "Sirloin Tip" oven roast offers firm-textured, medium-flavoured lean meat, perfect for larger portion roasts. The tip adapts well to brine, marinades, rubs and glazes to enhance flavour, juiciness and tenderness.

## COOKING GUIDE

The best way to know if meat is cooked properly is to use a meat thermometer, inserted into the thickest part of the roast (not touching bone or fat), to check internal temperature.

Remove pork from the oven when the internal temperature reaches 155 F/68 C and rest 3 to 5 minutes until the temperature reaches 160 F/71 C.

CUT	PORK ROAST	LBS	KG	MIN/LB @325 F (160 C)	CUT	PORK ROAST	LBS	KG	MIN/LB @325 F (160 C)	
LOIN	Pork rib roast rack	3-5	1.4-2.2	20-25	SHOULDER	Shoulder blade (bone-in/boneless)	3-6	1.4-2.7	30-35	
	Top sirloin	3-4	1.4-1.8	25-30		Picnic (bone-in/boneless)	3-6	1.4-2.7	30-35	
	Pork loin centre cut	3-4	1.4-1.8	20-25		Capicola	3-6	1.4-2.7	30-35	
	Tenderloin	¾-1	375-500 g	25-30		BELLY	Skin-on/skinless	3-6	1.4-2.7	30-35
LEG	Leg roast (bone-in/boneless)	3-4	1.4-1.8	20-25	SEASONED GROUND PORK		Ground pork netted roasts	3-6	1.4-2.7	30-35
	Inside/outside leg	3-4	1.4-1.8	20-25						
	Sirloin tip	3-4	1.4-1.8	20-25						
	Eye of round	3-4	1.4-1.8	20-25						

## COOKING METHODS



POT ROAST



OVEN ROAST



BARBECUE



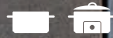
PORK SHOULDER  
BLADE ROAST



Bone-in or boneless blade roasts are perfect for oven or pot roasting, braising and smoking for barbecue or pulled pork. The blade offers firm-textured, well-marbled meat that delivers intense flavour and juicy results.



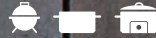
PORK SHOULDER PICNIC,  
CUSHION ROAST



This is a firm-textured, well marbled roast with intense flavour. Perfect for oven, pot or braised pulled pork recipes.



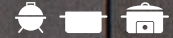
PORK BELLY,  
SIDE PORK ROAST



This skin-on belly roast features well marbled delicate flavours, tender and juicy meat balanced with a crowd pleasing crispy outer skin (crackling).



PORK BELLY, SIDE  
PORK ROAST, SKINLESS



This skinless belly roast features well marbled delicate flavours combined with tender and juicy results. Perfect for oven roasting, braising, brining, smoking and barbecue.



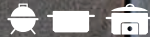
PORK LEG EYE ROAST,  
BONELESS



The eye is the smallest sub-primal muscle in the leg, making it a perfect choice for smaller-portion roasts for one or two people. The eye often has the highest amount of marbling in the leg, delivering tender and juicy results when cooked correctly.



PORK SHOULDER BLADE  
CAPICOLA ROAST, BONELESS



This is considered in many countries to be the most flavour intense pork roast. Well marbled, medium-textured meat delivers rich flavour and juicy results.



PORK  
TENDERLOIN



The "Filet" is perfect for small portion roasting and stuffing. The tenderloin is naturally tender and offers finely textured lean meat with mild flavour that adapts well to rubs and glazes to enhance flavour.



GROUND PORK ROASTS,  
SPICED



Seasoned ground pork netted roasts offer a variety of roasting options featuring delicious international flavour profiles.

## 4 REASONS WHY YOU NEED A MEAT THERMOMETER



You spend hard-earned time and money on your meals – an accurate meat thermometer helps protect that investment and make perfect pork.

1 You can't tell if your pork has reached a safe internal temperature by just looking at or touching it.

2 A thermometer helps avoid overcooking, resulting in tender, juicy, flavourful pork.

3 Using an accurate thermometer is essential – even a few degrees can make the difference between perfect and overdone.

4 It reduces the risk of foodborne illness – it's the only sure way of knowing your food has reached temperature levels to destroy foodborne bacteria.





**PORK ROAST**  
**COOK TO 160 F / 71 C**  
[ontariopork.com/recipes](http://ontariopork.com/recipes)  
COOK TO INTERNAL  
TEMPERATURE OF 155 F / 68 C.  
REST 3-5 MIN UNTIL  
TEMPERATURE  
IS 160 F / 71 C.

CANADA PORK CANADA  
  
PORC™

     
[@ontariopork](https://www.instagram.com/ontariopork)



[ontariopork.com/recipes](http://ontariopork.com/recipes)