Cooking Methods

- Pork may be cooked many ways, revealing its incredible versatility.
- Pork today is very lean and shouldn’t be overcooked. The best test of “doneness” is to use an instant-read meat thermometer to check the internal temperature of your pork.

The presentation provides the definition, general technique, tips, and recommended cuts for each of the following methods:

- Roasting
- Sautéing
- Broiling
- Stewing
- Braising
- Grilling
- Barbecuing

A worksheet is provided to help students organize the information. Feel free to help them by using the provided key.

Determining Doneness

- For juicy, tender results, whole muscle pork cuts, such as chops, loins and tenderloins, should be cooked to medium doneness – 145°F. For kabob and burger recipes, use time guidelines and cook until nicely browned, turning once.
- Use a meat thermometer to judge doneness. When the internal temperature reaches 145°F, remove meat and let it rest for three minutes. For large, less tender cuts like ribs and pork shoulder, cook slowly; follow time guidelines until meat is fork-tender.
- Try The Touch Test - The “touch test” checks the relative firmness of cooked meat to gauge doneness. Here’s how: Make a fist with your thumb in the center of your palm. Clenching your fist as hard as you can, use the index finger of your other hand to touch the muscle at the base of your thumb; this is what overcooked pork feels like. Keeping a fist, relax just a little; this is what perfectly cooked pork should feel like. Still keeping a fist, relax completely; this is what raw or undercooked pork feels like.
- A link to “Testing For Doneness” is provided in the presentation.

Recipe Resources

Clickable links available on the presentation:

- Recipe Database from Pork. Be Inspired. porkbeinspired.com
- Recipe Database from Pork – Food-Service porkfoodservice.org
- School Food-Service Recipes – also at porkfoodservice.org

Easy, Peasy Pork!

We have provided a few of the easiest ways to utilize pork in one’s diet. Encourage students to discuss their favorites.

Optional Activity:
Ask students to look at the pork dishes in the presentation and determine which cooking method(s) were used. Then discuss why that method was used - type of cut, size, tenderness. Answers - 1: Roast  2: Stew  3: Sauté  4: Barbecue

Exit Ticket

Have students complete the questions. A printable worksheet is provided.

1. You purchased ribs at the store. Which cooking method would you be least likely to use?
   Why?

2. Name two cooking methods that require the use of a stove-top?
   a.  b.

3. How do you determine doneness?
# Cooking Methods

Fill in the worksheet as you learn about different methods for cooking pork.

<table>
<thead>
<tr>
<th>Method</th>
<th>Definition</th>
<th>Appliance Used</th>
<th>Tools Needed</th>
<th>Temperatures/Heat Levels</th>
<th>Recommended Cuts</th>
<th>Tips</th>
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<tbody>
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<td>Roasting</td>
<td>Oven-cooking in an uncovered, shallow pan.</td>
<td>Oven</td>
<td>Frying pan, saute pan, or caserole</td>
<td>Loin roasts, shoulder, ham</td>
<td>Medium-high to high</td>
<td>Don't pierce meat.</td>
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<td>Sautéing</td>
<td>Cook quickly in a shallow pan.</td>
<td>Stove-top</td>
<td>Broiling pan or cast-iron skillet</td>
<td>Chops, cubed and sliced, ground pork, tenderloin</td>
<td>Low to medium low (275°-300°F)</td>
<td>Thinner cuts should be closer to the broiler.</td>
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<td>Broiling</td>
<td>Cooking under direct heat at high temperatures.</td>
<td>Oven</td>
<td>Broiling pan or cast-iron skillet</td>
<td>Chops, cubed and sliced, ground pork, tenderloin</td>
<td>Broil setting - 500°F or higher</td>
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<td>Stewing</td>
<td>Boil slowly at lower temperatures in liquid.</td>
<td>Stock pot, Dutch Oven, or slow-cooker</td>
<td>Deep frying pan with lid, saute pan or Dutch oven</td>
<td>Blade Steak, Loin Cutlets, Shoulder, Sirloin Chops</td>
<td>High, then low (275°-300°F)</td>
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<td>Fry lightly, then cook in liquid with a cover (stew).</td>
<td>Stove-top or Stove top and oven</td>
<td>Stove-top, oven or slow-cooker</td>
<td>Chops, steaks, tenderloin, ham, sausage, burgers, kebabs</td>
<td>Medium to high depending on cut</td>
<td>Don't crowd pan.</td>
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<td>Grilling or roasting on low heat for long periods.</td>
<td>Electric, gas, or charcoal grill</td>
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<td>Blazing, Smoke, Sausage, Burgers, Kebabs</td>
<td>Low heat (225°-250°F)</td>
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<td>Grilling or roasting on low heat for long periods.</td>
<td>Gas, charcoal, and hardwood grills; smokers</td>
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