

Cooking Fanestil's Fresh Pork Products

Easy does it! the most important cooking tip for Fanestil's fresh pork products is don't overdo it. Fanestil's products are your assurance of the best quality and highest value in tasty pork products. Most of our fine quality cuts of pork should be served at medium doneness (160 degrees F. on a meat thermometer) for a juicy, more flavorful taste.

Boneless cuts of pork should be cooked to an internal doneness of 160 degrees F. and may still have a faint blush of pink in the center. Cuts with the bone in will appear slightly pinker near the bone when they're cooked to 160 degrees F., but are ready to serve. Pork should be juicy, but the juices should run clear.

Fanestil's Fresh Pork Products: Cooking Times and Temperatures

	Approx. Thickness/Weight	Cooking Time
ROASTING -		
In an uncovered, shallow pan at 350° F.		
Loin Roast, Bone-in or Boneless*	2-5 pounds	20 min. (per pound)
Crown Roast*	6-10 pounds	20 min. (per pound)
Leg*	3 1/2 pounds	40 min. (per pound)
Shoulder Roast (Butt)*	3-6 pounds	45 min (per pound)
Tenderloin (roast at 425-450° F)	1 - 1 1/2 pounds	20-30 min.
Ribs	--	1 1/2 - 2 hours**
BROILING - 4 inches from heat OR GRILLING - over direct heat		
Chops, Bone-in or Boneless	3/4 inch	8-10 minutes
Thick Chop	1 1/2 inches	12-16 minutes
Kabobs	1-inch cubes	10-15 minutes**
Tenderloin	1 - 1 1/2 pounds	15-25 minutes
Ground Pork Patties	1/2 inch	8-10 minutes
GRILLING - over indirect heat		
Loin Roast, Bone-in or Boneless*	2 pounds	45-60 minutes
Shoulder Roast (Butt)*	3-5 pounds	2 1/2 - 4 hours
Ribs	--	1 1/2 - 2 hours

SAUTÉING -

with a small amount of oil over medium-high heat in an uncovered pan

Cutlets, Bone-in or Boneless	1/4 inch	3-4 minutes**
Chops, Bone-in or Boneless	3/4 inch	7-8 minutes
Tenderloin Medallions	1/4 - 1/2 inch	4-8 minutes**
Ground Pork Patties	1/2 inch	8-10 minutes

BRAISING -

with a small amount of liquid over low heat in a tightly covered pan

Chops or Cutlets	1/4 - 1 inch	8-15 minutes
Cubes	1 inch	8-10 minutes**
Tenderloin Medallions	1/2 - 3/4 inch	4-8 minutes
Shoulder Roast (Butt)	3-6 pounds	2 - 2 1/2 hours**
Ribs	--	1 1/2 - 2 hours**

STEWING -

in liquid at slow simmer in a covered pot

Cubes	1 inch	45-60 minutes**
Ribs	--	2 - 2 1/2+- hours**

Fanestil's quality pork products are lean and should not be overcooked. Whenever possible based on the cut, use a thermometer to test for doneness. Pork should be cooked to 160° F, at which temperature it will be slightly pink on the inside.

* For larger cuts of pork, such as roasts, cook to 150° F; remove from the oven or grill and allow to set for 10 minutes before slicing. The temperature of the roast will continue to rise to 160° and the pork juices will redistribute throughout the roast before slicing.

** The cut should be cooked until tender.