Globe® GUIDE TO PERFECT PORK

ALL ABOUT PORK CUTS

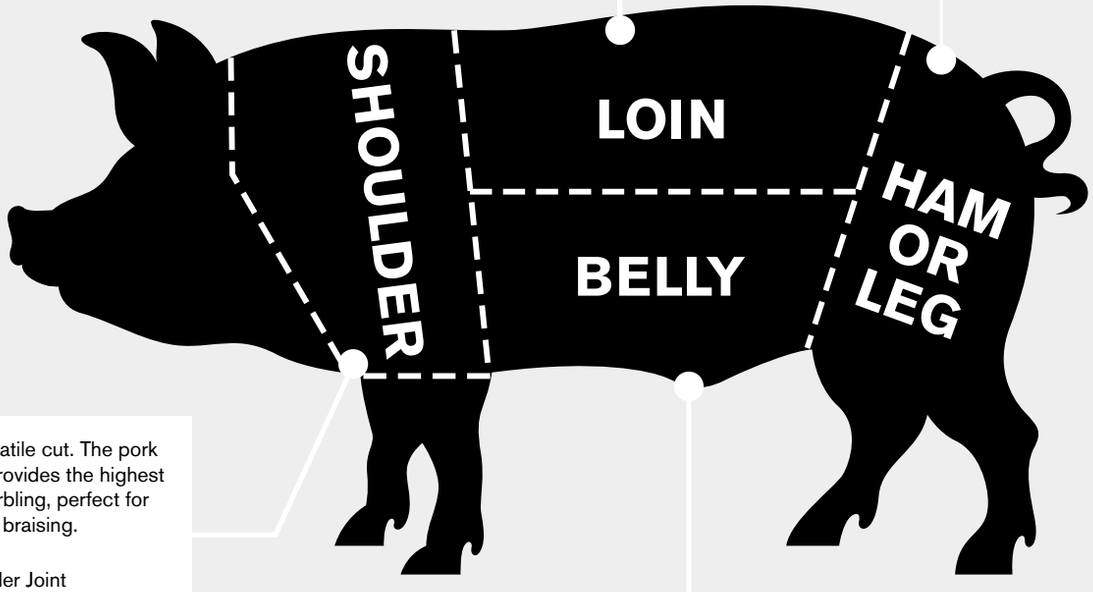
⊖ THIN CUTS 1 - 1.5 INCHES **○ THICK CUTS UP TO 2.5 INCHES**

The back section along both sides of the backbone. Includes the tenderloin, the leanest and most tender cut. Also provides the back ribs.

- ⊖ Tenderloin/Fillet
- ⊖ Chops & Steak
- ○ Boneless Roasts or Joints
- ○ Baby Back Ribs

A tougher cut, cooking low and slow makes the meat more tender.

- ⊖ Leg Cutlet
- ○ Leg Joints



A very versatile cut. The pork shoulder provides the highest level of marbling, perfect for roasting or braising.

- ⊖ Shoulder Joint
- ○ Shoulder Steak

Belly pork is wonderfully rich - and value for money! Cooking low and slow reduces the fat and results in luscious and succulent indulgence.

- ⊖ Spare Ribs
- ○ Belly

GIVE A FORK ABOUT YOUR PORK

- There are about **a billion** pigs in the world at any one time.
- Pork tenderloin cuts are **almost as lean as skinless chicken breast.**
- Weight-wise, pork is by far the **most widely consumed** meat, with about 100 tons eaten annually.

⊖ COOKING THIN CUTS OF PORK **○ COOKING THICK CUTS OF PORK**

PINK & MOIST	TRADITIONAL STYLE	SOFT & MOIST	TRADITIONAL STYLE
133-136°F 56-58°C	140°F 60°C	135-140°F 57-60°C	150-167°F 66-75°C
1.5-2.0 hours	1.5-2.0 hours	24-48 hours	8-12 hours
2.5 hours to pasteurize	2.5 hours to pasteurize	4 hours to pasteurize	2.5 hours to pasteurize

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