



## Pork

Pork is the world's most widely eaten meat. It is a source of protein, iron, zinc and B-vitamins. Numerous pork cuts today are equivalent in fat content and calories to lean poultry cuts.

**Fridge time:** 3 to 5 days; if vacuum-packed, storage time can be greatly extended (see instructions on package for guidance).

**Freezer time:** up to six months.

## Shopping

1. Choose pork cuts with a pink color.
2. Cuts and roasts should be firm to the touch.

## Preparation

1. *Defrosting may not be required for some cuts, but if cooking from a frozen state, make sure to allow for additional cooking time. (Use a [thermometer](#) for best results.)*
2. Do not defrost at room temperature. Defrost in the refrigerator, to prevent bacterial growth (allow at least 24 hours).
3. Place package on a tray to catch any drippings.
4. Pork can defrost and/or cook in the microwave. But as with many other foods, use traditional cooking methods for best flavor and texture results.
5. Cook cuts ahead of time, slice into convenient shapes and freeze to be reheated in the microwave later in the week.

## Cooking

1. Pork is best when cooked to medium doneness - 160 degrees F. on a meat thermometer. Correctly cooked pork is juicy and tender.
2. There are two basic methods for cooking meats: **dry heat** and **moist heat**. Generally, dry-heat methods are best applied to naturally tender cuts of meat. Moist-heat methods tenderize less-tender cuts.
3. When cooking a roast, remove from the oven when the internal temperature reaches 155° F and allow the roast to stand for 10 minutes before slicing. The roast's internal temperature will rise about five degrees after removing from the oven.

***Note: Pregnant women, children, elderly and immuno-compromised individuals can be at an increased risk of developing foodborne illnesses that can have fatal consequences. Additional care should be taken for safe handling.***