

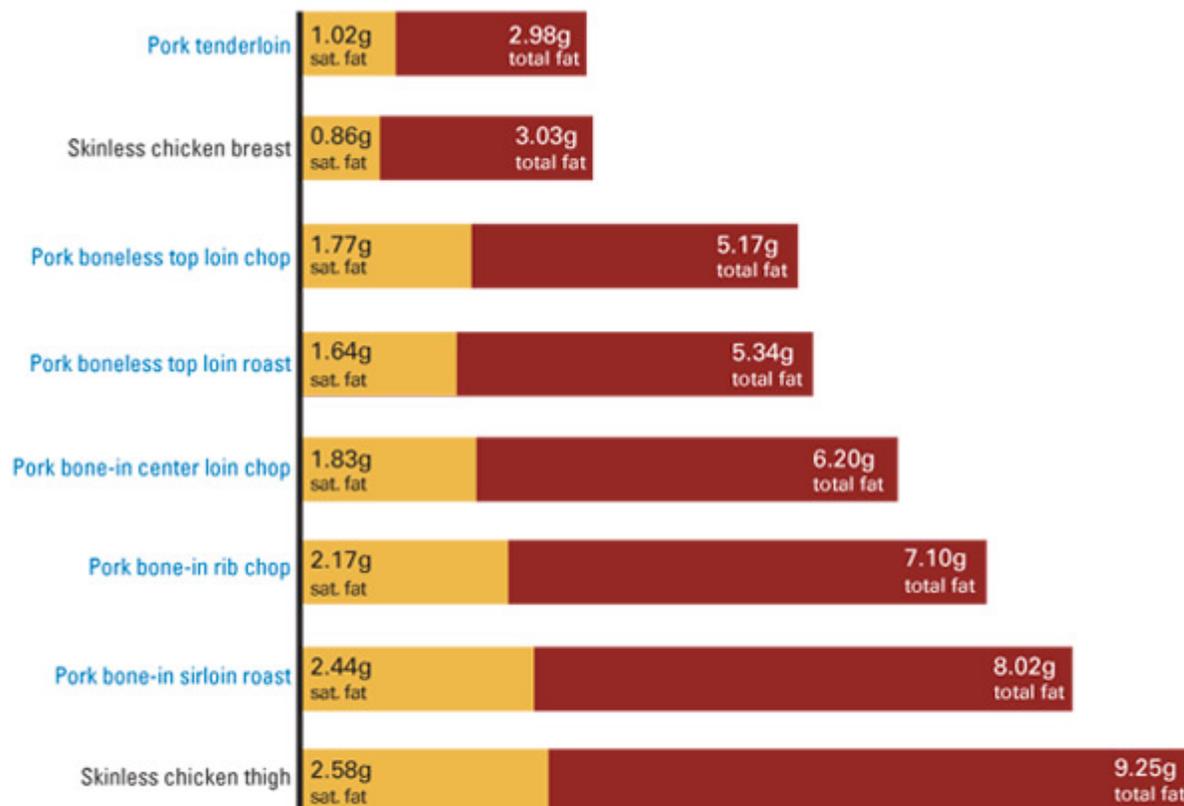
## Class #13: Let's Practice Pork



the fact

### A. Pork Nutrition

1. Pork now has a reputation as a white meat due to the fact that many lean pork cuts are similar in fat to a skinless chicken
  1. Through changes in feeding and breeding techniques, today's pork has:
    - a. 16 percent less fat
    - b. 27% less saturated fat than 15 years ago.
  2. Many cuts of pork are as lean as skinless chicken.
    - a. Trimmed pork tenderloin and skinless chicken breast have the same amount of total fat content.
    - b. Six cuts of pork in the chart have total fat content between the skinless chicken breast and skinless chicken thigh:



Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.

Reference: U.S. Department of Agriculture, Agriculture Research Service 2006.

**Lean:** Less than 10 grams of total fat, 4.5 grams of saturated fat and 95 milligrams cholesterol per serving.

**Extra Lean:** Less than 5 grams total fat, 2 grams saturated fat and 95 milligrams cholesterol per serving.

### 2. How Pork Compares To Other Meats

1. Pork today compares favorably for fat, calories and cholesterol with many other meats and poultry.

2. Many cuts of pork meet the government guidelines for “lean” or “extra lean.”
3. Any cuts from the loin are leaner than skinless chicken thigh, according to U.S. Department of Agriculture data.
4. Pork steaks or roasts from the leg (“fresh ham”) are also lean choices.

**Serving Sizes and Nutritional Profiles of Lean Meats**

3-ounce cooked serving:	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)
<b>LEAN CHICKEN</b>				
Skinless chicken breast*	140	3.1	0.9	73
Skinless chicken leg*	162	7.1	2.0	80
Skinless chicken thigh*	178	9.3	2.6	81
<b>LEAN CUTS OF PORK</b>				
Pork Tenderloin*	120	3.0	1.0	62
Pork boneless top loin chop**	173	5.2	1.8	61
Pork top loin roast*	147	5.3	1.6	68
Pork center loin chop**	153	6.2	1.8	72
Pork sirloin roast*	173	8.0	2.4	76
Pork rib chop**	158	7.1	2.2	56
<b>LEAN CUTS OF BEEF</b>				
Beef eye of round *	141	4.0	1.5	59
Beef top round***	169	4.3	1.5	76
Beef tip round*	149	5.0	1.8	69
Beef top sirloin**	162	8	2.2	76
Beef top loin**	168	7.1	2.7	65
Beef tenderloin**	175	8.1	3.0	71
<b>FISH (*dry heat, **moist heat)</b>				
Cod*	89	0.7	0.1	40
Flounder*	99	1.3	0.3	58
Halibut*	119	2.5	0.4	35
Orange Roughy*	75	0.8	0.0	22
Salmon*	175	11.0	2.1	54
Shrimp**	84	0.9	0.2	166

\* Roasted, \*\* Broiled, \*\*\* Braised

Source: U.S. Department of Agriculture Nutrient Database Release 18 or the 2006 Revised USDA Nutrient Data Set for Fresh Pork.

### 3. Nutrients - % Daily Value:

- a. Iron 5%: Heme iron (found in meat) is absorbed more readily than nonheme iron (found in plant-based foods). Heme iron may decrease the risk of iron-deficiency anemia.
- b. Potassium 11%: Plays a major role in water balance and helps maintain normal blood pressure.
- c. Zinc 14%: A component of more than 70 enzymes, zinc is a key player in energy metabolism and the immune system.
- d. B-Vitamins
  - Thiamin 54%: Without this key vitamin, metabolism of carbohydrate, protein and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops.
  - Riboflavin 19%: Plays important role in the release of energy from foods. Next to milk, there are few foods that have as much riboflavin per serving as pork.
  - Niacin 37%: Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids.
  - Vitamin B12 8%: Helps build red blood cells and metabolize carbohydrates and fats.
  - Vitamin B6 (Pyridoxine) 37%: Important for metabolism of protein, carbohydrates and fats.

### B. Safe Handling & Cooking of Pork

1. Don't overcook it! The internal temperature should be 160F/70C. Depending on the cut, the meat may still be a bit pink at this temperature.
2. The exception to this is ground pork. Like any ground meat, ground pork - including sausages - must be cooked until well done, with no pink remaining.

Safe Handling of Pork in Cold Storage		
Food	Refrigerator (40 °F)	Freezer (0 °F)
<b>Fresh Pork:</b>		
Roast, chops or ribs	3-5 Days	4-6 Months
Ground pork, liver or variety meats	1-2 Days	3-4 Months
Ham (Uncured)	3-5 Days	4-6 Months
Ham (Cured)	5-7 Days	3-4 Months
<b>Cooked Pork:</b>		
Roast, chops, casseroles	3-4 Days	2-3 Months

Safe Handling of Pork in Cold Storage		
Food	Refrigerator (40 °F)	Freezer (0 °F)
Ground pork; store-cooked convenience meals	1-2 Days	2-3 Months
Ham (Uncured)	3-4 Days	3-4 Months
Ham (Cured)	3-5 Days	1-2 Months

Table 2: Fresh Pork: Safe Cooking Chart		
<b>Internal temperature of safely cooked pork should reach 160°F when measured with thermometer</b>		
<b>Roasting</b> Set oven at 350 °F. Roast in a shallow pan, uncovered. Internal temperature: 160 °F-medium; 170 °F-well-done.		
Cut	Thickness or Weight	Cooking Time
Loin Roast, bone-in or boneless	2 to 5 pounds	20 to 30 min. per pound
Crown Roast	4 to 6 pounds	20 to 30 min. per pound
Leg, (Fresh Ham) whole, bone-in	12 to 16 pounds	22 to 26 min. per pound
Leg, (Fresh Ham) half, bone in	5 to 8 pounds	35 to 40 min. per pound
Boston Butt	3 to 6 pounds	45 min. per pound
Tenderloin (Roast at 425-450 °F)	½ to 1½ pounds	20 to 30 minutes total
Ribs (Back Country-style or Spareribs)	2 to 4 pounds	1½ to 2 hours (or until fork tender)
<b>Broiling (4 inches from heat) or Grilling</b>		
Loin Chops, bone-in or boneless	¾ inch or 1½ inch	6 to 8 min. or 12 to 16 min.
Tenderloin	½ to 1½ pounds	15 to 25 min.
Ribs (indirect heat), all types	2 to 4 pounds	1½ to 2 hours
Ground Pork Patties (direct heat)	½ inch	8 to 10 minutes
<b>In Skillet on Stove</b>		
Loin Chops or Cutlets	¼ inch or ¾ inch	3 to 4 min. or 7 to 8 min.
Tenderloin Medallions	¼ to ½ inch	4 to 8 minutes
Ground Pork Patties	½ inch	8 to 10 minutes
<b>Braising: Cover &amp; Simmer with a Liquid.</b>		
Chops, Cutlets, Cubes, Medallions	¼ to 1-inch	10 to 25 minutes
Boston Butt, Boneless	3 to 6 pounds	2 to 2½ hours
Ribs, all types	2 to 4 pounds	1½ to 2 hours
<b>Stewing: Cover Pan, simmer, covered with liquid.</b>		
Rib, all types	2 to 4 pounds	2 to 2½ hours, or until tender

Table 2: Fresh Pork: Safe Cooking Chart		
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Cut	Thickness or Weight	Cooking Time
Cubes	1 inch	45 to 60 minutes

Source: USDA/FSIS (2003). *Safety of Fresh Pork...from Farm to Table*  
[http://www.fsis.usda.gov/Fact\\_Sheets/Pork\\_From\\_Farm\\_to\\_Table/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Pork_From_Farm_to_Table/index.asp)

## C. Recipes

### Spinach & Romaine Salad with Spiced Pork and Ginger Dressing

Yield 4 servings

#### Ingredients

- 1# pork loin, trimmed
- 1 tablespoon hot Asian chile sauce, such as Huy Fong
- 2 tablespoons brown sugar
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- Cooking spray
- 3 cups baby spinach leaves
- 3 cups chopped romaine
- 2 cups thinly sliced Napa cabbage
- 1 cup red bell pepper strips
- 1/3 cup low-fat sesame ginger dressing (such as Newman's Own)

#### Preparation

1. Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand. Combine pork and hot Asian chile sauce in a bowl, tossing to coat. Add sugar, garlic powder, and salt; toss well.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes on each side or until done. Remove from heat; keep warm.
3. Combine spinach, romaine, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 2 cups spinach mixture in each of 4 large shallow bowls or plates; top each serving with 3 ounces pork.



## Lime-Cilantro Pork Tacos

Yield: 6 servings (serving size: 2 tacos)



### Ingredients

- 1# pound pork loin, trimmed and cut into thin strips
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1 1/2 cups thinly sliced onion
- 1 1/2 cups thinly sliced bell pepper

1 small jalapeño pepper, seeded and chopped  
1/2 cup fat-free, less-sodium chicken broth  
1/2 cup chopped fresh Roma tomatoes  
1 (15 oz.) can black beans, drained and rinsed  
3 tablespoons chopped fresh cilantro  
2 1/2 tablespoons lime juice  
12 (6-inch) flour tortillas (whole wheat if available)

### Directions

1. Heat a large nonstick skillet over medium-high heat.
2. Sprinkle pork with salt and black pepper. Add oil to pan. Add pork, and sauté 4 minutes or until browned. Remove pork from pan; place in a bowl.
3. Add onion and jalapeño to pan; sauté 5 minutes or until tender. Add broth; reduce heat, and simmer 1 minute, scraping pan to loosen browned bits. Stir in tomato; simmer 2 minutes.
4. Return pork and accumulated juices to pan. Stir in cilantro, beans and lime juice; cook 1 minute or until pork is done and beans are hot.
5. Heat tortillas according to package directions.
6. Spoon 1/2 cup pork mixture into each tortilla; roll up.

## **Peach and Mustard Glazed Pork Chops**

### **Ingredients:**

1 tbsp vegetable oil  
4 boneless pork chops, about 1/2" thick  
1/2 tsp salt  
1 tsp black pepper  
1 can (16 oz) peach slices in light syrup, undrained  
1 tsp Worcestershire sauce  
2 tbsp Dijon mustard

### **Directions:**

1. Heat the oil in a sauté pan over med-high heat.
2. Season pork chops with salt and pepper, and add to the pan. Brown each side for 3-4 minutes. Remove from pan and reserve.
3. Add the peaches, Worcestershire sauce, and mustard to the pan. Whisk together and bring to a simmer. Reduce the heat to low, add the pork chops, and simmer for about 5 minutes, or until the pork reaches the desired doneness. Turn off heat and let rest for 5 minutes before serving.
4. Serve with brown rice and steamed vegetables.