

Pork Cooking Times and Temperatures



Method	Cut	Thickness/Weight	Internal Temp. (followed by 3 min. rest)	Average Recommended Cooking Time (min. per pound OR total min.)	
Roasting/Baking Roast at 350° F. unless otherwise noted. Roast in a shallow pan, uncovered.	Ham, fully cooked	5-6 lbs.	140° F.	20 min. per lb.	
	Pork Belly (roast at 325° F. + 450° F.)	2½-3 lbs.	Tender	45 min. per lb. at 325° F. + 15 min. browning at 450° F.	
	Ribs	Pork Back Ribs	1½-2 lbs. per rack	Tender	1½-2 hrs.
		Country-Style Ribs	3-4 lbs.	Tender	1-1¼ hrs.
		Spareribs (St. Louis Style)	3½- 4 lbs. per rack	Tender	1½-2 hrs.
	Roasts	Fresh Leg/Uncured Ham (bone-in)	16-17 lbs. 18-20 lbs.	145°-160° F.	15 min. per lb. 13-14 min. per lb.
		Fresh Leg/Uncured Ham (boneless)	3-4 lbs.	160° F.	30 min. per lb.
		Shoulder (roast at 275° F.)	3-6 lbs.	Tender	55-85 min. per lb.
	Loin Roast, (boneless)	New York (Top Loin) Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	26-28 min. per lb. 20-25 min. per lb.
		Sirloin Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	26-28 min. per lb. 20-25 min. per lb.
	Loin Roast, (bone-in)	Pork Crown Roast	10 lbs.	145°-160° F.	12-15 min. per lb.
		Rack of Pork	4-5 lbs.	145°-160° F.	25-40 min. per lb.
		Sirloin Pork Roast	4-5 lbs.	145°-160° F.	25-40 min. per lb.
	Stuffed Pork Loin Chops	1¼-1½-inches	165° F.	Varied (based on type of stuffing)	
	Tenderloin (roast at 425° F.)	1-1½ lbs.	145°-160° F.	20-35 min.	
Whole Pork Loin (boneless)	8-10 lbs.	145°-160° F.	8-11 min. per. lb.		
Broiling 4-5 inches from heat Turn halfway through cooking time OR Grilling Over direct, medium heat; turn once halfway through grilling	Blade Pork Steak	¾-inch	Tender	10-12 min.	
	Chops (boneless)	New York (Top Loin) Pork Chop	¾-inch 1½-inches	145°-160° F. 145°-160° F.	8-12 min. 12-22 min.
		Ribeye (Rib) Pork Chop	¾-inch	145°-160° F.	8-12 min.
		Sirloin Pork Chop	¾-inch	145°-160° F.	8-12 min.
	Chops (bone-in)	Porterhouse (Loin) Pork Chop	¾-inch 1½-inch	145°-160° F. 145°-160° F.	8-12 min. 22-35 min.
		Ribeye (Rib) Pork Chop	¾-inch	145°-160° F.	8-12 min.
		Sirloin Pork Chop	¾-inch	145°-160° F.	8-12 min.
	Ground Pork Patties	½-inch	160° F.	8 - 12 min.	
	Ham steaks, bone-in	½-inch	140° F.	6 min.	
	Loin Kabobs	1-inch cubes	Tender	8-10 min.	
	Tenderloin	1-1½ lbs.	145°-160° F.	20-30 min.	
	Barbecuing Barbecue over indirect medium heat (about 325° F.) unless otherwise noted.	Blade (Shoulder) Pork Roast	3-4 lbs. 5-6 lbs.	Tender	45-75 min. per lb. 30-45 min. per lb.
		Fresh Leg/Uncured Ham (boneless) (barbecue at 285° F.)	3-4 lbs.	160° F.	27-32 min. per lb.
Loin Roast (boneless)		New York (Top Loin) Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	20-26 min. per lb. 12-15 min. per lb.
		Pork Loin Center Roast	2 lbs. 3-5 lbs.	145°-160° F.	20-26 min. per lb. 12-15 min. per lb.
		Sirloin Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	20-26 min. per lb. 12-15 min. per lb.
Loin Roast (bone-in)		Ribeye (Center Rib) Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	22-32 min. per lb. 14-17 min. per lb.
		Sirloin Pork Roast	2 lbs. 3-5 lbs.	145°-160° F.	22-32 min. per lb. 14-17 min. per lb.
Ribs		Pork Back Ribs	1½-2 lbs. per rack	Tender	1½-2 hrs.
		Country-Style Ribs	3-4 lbs.	Tender	45 min. - 1 hr.
		Spareribs (St. Louis Style)	3½-4 lbs. per rack	Tender	1½-2 hrs.
		Whole Pork Loin (boneless)	8-9 lbs. 10 lbs.	145°-160° F.	8-9 min. per lb. 6-7 min. per lb.

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Method	Cut		Thickness/Weight	Internal Temp. (followed by 3 min. rest)	Average Recommended Cooking Time (min. per pound OR total min.)	
Sauteing Add a little cooking oil to pan; saute over medium-high heat and turn once halfway through cooking time	Blade Pork Steak		¾-inch	145°-160° F.	10-16 min.	
	Cutlets		½-inch	Tender	3-4 min.	
	Ground Pork Patties		½-inch	160° F.	8-11 min.	
	Ham steaks		½-inch	140° F.	6 min.	
	Loin Chops (boneless)	New York (Top Loin) Pork Chop		¾-inch	145°-160° F.	8-12 min.
		Ribeye (Rib) Pork Chop		¾-inch	145°-160° F.	8-12 min.
		Sirloin Pork Chop		¾-inch	145°-160° F.	8-12 min.
	Loin Chops (bone-in)	Porterhouse (Loin) Pork Chop		¾-inch	145°-160° F.	10-16 min.
		Ribeye (Rib) Pork Chop		¾-inch	145°-160° F.	10-16 min.
		Sirloin Pork Chop		¾-inch	145°-160° F.	10-16 min.
Tenderloin Medallions		¼-½-inch	Tender	4-8 min.		
Braising Cook over medium-high heat in 1 tablespoon vegetable oil until browned evenly on both sides. Add enough liquid to come ¼ to ½ inch up sides of pork. Return just to boiling. Cover and simmer until tender.	Blade Pork Steak		¾-inch	Tender	11-12 min.	
	Cutlets		½-inch	Tender	3-4 min.	
	Loin Chops (boneless)	New York (Top Loin) Pork Chop		¾-inch	145°-160° F.	6-10 min.
		Ribeye (Rib) Pork Chop		¾-inch	145°-160° F.	6-10 min.
		Sirloin Pork Chop		¾-inch	145°-160° F.	6-10 min.
	Loin Chops (bone-in)	Porterhouse (Loin) Pork Chop		¾-inch	145°-160° F.	8-12 min.
		Ribeye (Rib) Pork Chop		¾-inch	145°-160° F.	8-12 min.
		Sirloin Pork Chop		¾-inch	145°-160° F.	8-12 min.
	Loin Cubes		1-inch	Tender	8-10 min.	
	Ribs	Pork Back Ribs		1½-2 lbs. per rack	Tender	1¼-1½ hrs.
		Country-Style Ribs		3-4 lbs.	Tender	30-35 min.
		Spareribs (St. Louis Style)		3½- 4 lbs. per rack	Tender	1¼-1½ hrs.
	Pork Belly		2½-3 lbs.	Tender	40 min. per lb.	
	Shoulder	Arm (Picnic) Pork Roast		3-4 lbs. 5-6 lbs.	Tender	30-33 min. per lb. 26-29 min. per lb.
		Blade (Boston) Pork Roast		3-6 lbs.	Tender	2-2½ hrs.
Tenderloin Medallions		1/2-inch	Tender	8-10 min.		
Stewing Cook, covered, with liquid at a slow simmer	Cubes	Loin or Shoulder	1-inch	Tender	45 min. - 1 hr.	

Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture.

The National Pork Board recommends cooking pork chops, roasts, and tenderloin to an internal temperature between 145° F. (medium rare) and 160° F. (medium), followed by a 3 minute rest. Since large cuts increase approximately 10° F. while resting, remove them from the heat at 150° F. followed by a 10 minute rest. Doneness for some pork cuts is designated as "tender". This includes small cuts that are difficult to test with a thermometer and large cuts that cook slowly at low temperatures. Ground pork, like all ground meat, should be cooked to 160° F. Pre-cooked ham can be reheated to 140° F. or enjoyed cold.

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