

YOUR GUIDE TO PREPARING ONTARIO PORK



PORK ROAST
COOK TO 160 F / 71 C
COOK TO INTERNAL
TEMPERATURE OF 155 F / 68 C.
REST 3-5 MIN UNTIL
TEMPERATURE
IS 160 F / 71 C.



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ONTARIO PORK COOKING GUIDE

Insert thermometer into the thickest part of the roast (not touching bone or fat). Remove pork from the oven when the internal temperature reaches 155 F/68 C. Rest 3 to 5 minutes until temperature reaches 160 F/71 C.

CUT	PORK ROAST	LBS	KG	MIN/LB @325 F (160 C)
LOIN	Pork rib roast rack	3-5	1.4-2.2	20-25
	Top sirloin	3-4	1.4-1.8	25-30
	Pork loin centre cut	3-4	1.4-1.8	20-25
	Tenderloin	³ / ₄ -1	375-500 g	25-30
LEG	Leg roast (bone-in/boneless)	3-4	1.4-1.8	20-25
	Inside/outside leg	3-4	1.4-1.8	20-25
	Sirloin tip	3-4	1.4-1.8	20-25
	Eye of round	3-4	1.4-1.8	20-25
SHOULDER	Shoulder blade	3-6	1.4-2.7	30-35
	Picnic (bone-in/boneless)	3-6	1.4-2.7	30-35
	Capicola	3-6	1.4-2.7	30-35
BELLY	Skin-on/skinless	3-6	1.4-2.7	30-35
SEASONED GROUND PORK	Ground pork netted roasts	3-6	1.4-2.7	30-35

4 REASONS WHY YOU NEED A MEAT THERMOMETER

1 You can't tell if your pork has reached a safe internal temperature by just looking at or touching it.

2 A thermometer helps avoid overcooking, resulting in tender, juicy, flavourful pork.

3 Using an accurate thermometer is essential – even a few degrees can make the difference between perfect and overdone.

4 It reduces the risk of foodborne illness – it's the only sure way of knowing your food has reached temperature levels to destroy foodborne bacteria.