



Perfect Canadian Pork Roasts

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There are many types of pork roasts available, each with its own flavour, eating experience and cooking options. Try a variety of Canadian pork roasts and see which one is perfect for you.

Cooking Methods 🏠 Pot Roast 🍖 Oven Roast 🍷 Barbecue



Pork Rib Roast, Boneless
🍷 🍖
The "Prime Rib" of premium quality oven roasts is well-marbled, finely textured and delivers intense flavour.



Pork Rib Roast, Rack
🍷 🍖
The "French Style" rib rack is a premium oven roast, available in many sizes, perfect for special occasions. Rib-end portions are well-marbled for tender and juicy results.



Pork Leg Inside Roast, Boneless
🍖 🏠
The "Baron of Pork" is a firm-textured mild flavoured oven roast, perfect for thin-sliced French dip style sandwiches.



Pork Rib Roast, Rack
🍷 🍖
The "Coat of Arms" is perfect for special occasions with family and friends. The combination of both the rib end and the centre cut portions of the loin offer something for every guest's preference.



Pork Belly, Side Pork Roast
🍷 🍖 🏠
The "Pancetta", skin-on belly roasts feature well-marbled delicate flavours, tender and juicy meat balanced with a crowd pleasing crispy outer skin (crackling).



Pork Belly, Side Pork Roast, Skinless
🍷 🍖 🏠
The "Pancetta" skinless belly roasts feature well-marbled delicate flavours combined with tender and juicy results. Perfect for oven roasting, braising, brining, smoking and barbecue.



Pork Leg Outside Roast, Boneless
🍖 🏠
The outside oven roast offers firm-textured medium flavoured lean meat, perfect for smaller-portion roasts. It adapts well to brine, marinades, rubs and glazes to enhance flavour, juiciness and tenderness.



Pork Leg Tip Roast, Boneless
🍖 🏠
The "Sirloin Tip" oven roast offers firm-textured medium flavoured lean meat, perfect for larger-portion roasts. The tip adapts well to brine, marinades, rubs and glazes to enhance flavour, juiciness and tenderness.



Pork Loin, Centre Roast, Boneless
🍖
Boneless pork "Double Loin" roasts are premium quality lean oven roasts perfect for larger roasting events. Double loin roasts adapt well to brine, marinades, rubs and glazes to maximize flavour, juiciness and tenderness.



Pork Shoulder Blade, Capicola Roast, Boneless
🍷 🍖 🏠
The "Shoulder Loin" is considered in many countries to be the most flavour-intense pork roast. Well-marbled medium-textured meat delivers rich flavour and juicy results.



Pork Tenderloin
🍷 🍖
The "Filet" is perfect for small portion roasting and stuffing. The tenderloin is naturally tender and offers finely textured lean meat with mild flavour that adapts well to rubs and glazes to enhance flavour.



Ground Pork Roasts, Spiced
🍖
Seasoned ground pork netted roasts offer a variety of value-priced roasting options featuring delicious international flavour profiles.



Pork Shoulder Blade Roast
🍖 🏠
Bone-in or boneless blade roasts are perfect for oven or pot roasting, braising and smoking for barbecue or pulled pork. The blade offers firm-textured, well-marbled meat that delivers intense flavour and juicy results.



Pork Shoulder Picnic, Cushion Roast
🍖 🏠
The "Cross Rib Heart" is a firm-textured, well-marbled roast with intense flavour. Perfect for oven, pot or braised pulled pork recipes.



Pork Leg Eye Roast, Boneless
🍷 🍖
The eye is the smallest sub-primal muscle in the leg making it a perfect choice for smaller-portion roasts for one or two persons. The eye often has the highest amount of marbling in the leg, delivering tender and juicy results when cooked correctly.

Traditional Roasting Temperature

The traditional cooking temperature for roasting pork is 325°F/163°C.

The best way to know if meat is cooked properly is to use a meat thermometer inserted into the thickest part of the pork roast. The roast is done when it reaches an internal temperature of 160°F/71°C. For roasts, including tenderloin, remove when the internal temperature reaches 155°F/68°C, then rest 3 to 5 minutes until the temperature reaches 160°F/71°C.

Cut	Pork Roast	Lbs	Kg	Min/lb at 325°F (163°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	¾-1	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 (bone-in/boneless)	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	Seasoned Ground Pork			
	Netted Roasts	3-6	1.4-2.7	30-35



Perfect Pork Roast Traditional Roasting Quick Tip: Pork offers the best eating experience when it's juicy, with a hint of pink. Using a meat thermometer is the best way to ensure pork is cooked perfectly, resulting in tender, flavourful pork. Make sure to use an accurate meat thermometer as even a few degrees can make a difference.

Roasting at Lower Temperature

Using a lower roasting temperature offers many benefits including:

MORE FLAVOUR > MORE TENDER > MORE JUICY > MORE SAVINGS > MORE SERVINGS > MORE LEFTOVERS

Roast pork at a lower cooking temperature of 250°F/121°C then remove when it reaches an internal doneness temperature of 155°F/68°C. Let the roast rest 3-5 minutes until the internal temperature reaches 160°F/71°C.



Maintaining a steady low cooking temperature during the roasting process allows for perfect doneness and juiciness right through the entire roast. Letting the pork roast rest before carving allows the juices to evenly distribute.



LEARN HOW TO ROAST CANADIAN PORK.



For cooking tips, and information about the quality of Verified Canadian Pork visit verifiedcanadianpork.com canadapork.com / verifiedcanadianpork.com

