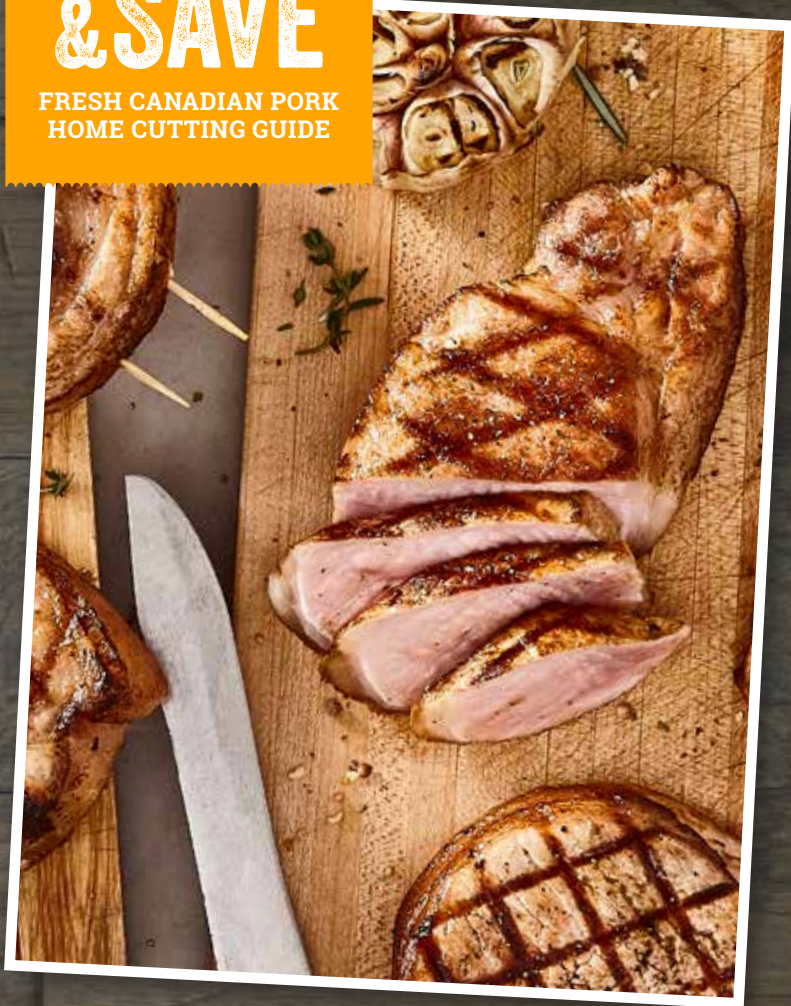


SLICE & SAVE

FRESH CANADIAN PORK
HOME CUTTING GUIDE



VERIFIEDCANADIANPORK.COM

SLICING AT HOME MAKES CENTS



Most consumers know that buying staples in bulk saves money—but did you know you can also buy pork in bulk? Save money on your grocery bill when you become a “Home Butcher.” Buying vacuum-packed whole primal pork cuts at the meat case and slicing into the right size for your family lowers the overall price per kilogram.

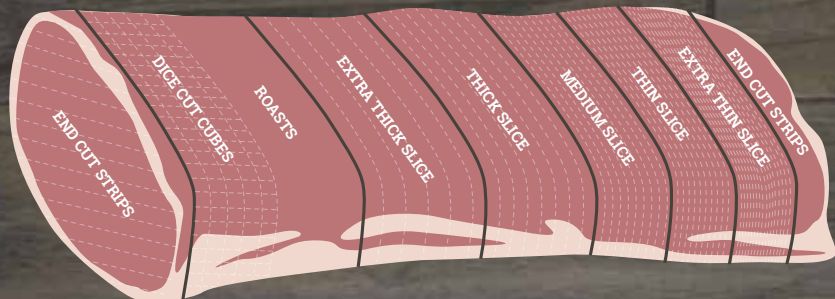
You can cut it your way, to meet your meal plans. Prepare a traditional Sunday pork roast and still have chops, schnitzel, stir-fry or a quick-roast for the busy weekdays.

It’s easy – the information in this guide will give you the confidence to buy large cuts of pork and become a Home Butcher.

For Home Butcher slicing videos, fresh Canadian pork recipes, and more information about Verified Canadian Pork™, visit:

VERIFIEDCANADIANPORK.COM

SERVING SIZE OPTIONS	SERVING SUGGESTIONS
EXTRA THIN SLICE 2 – 3 MM	Stir-fry, hot pot, shabu shabu, fondue
THIN SLICE 4 – 7 MM	Scaloppini, yakiniku, BBQ, schnitzel, cordon bleu
MEDIUM SLICE 8 – 15 MM	Chops, casserole
THICK SLICE 2 – 3 CM	Chops, stuffed
EXTRA THICK SLICE 3 – 4 CM	Chops, stuffed
ROAST 250 G/PERSON RAW	Rubs, glaze, pulled, stuffed, bacon wrapped
DICE CUT 2 – 4 CM X 2 – 4 CM	Brochette, kebobs, souvlaki, sweet & sour, curry, casserole
END CUT STRIPS 7 CM X 1 CM	Tacos, fajitas, sautéing, stir-fry



VERIFIED CANADIAN PORK



- ✓ **FARM TO TABLE QUALITY ASSURANCE**
- ✓ **LOCALLY FARMED, FEDERALLY APPROVED, GLOBALLY DISTRIBUTED**
- ✓ **ON-FARM QUALITY AND SAFETY ASSURANCE SYSTEMS:** Canadian pork farmers follow nationally implemented systems that promote best-management practices for animal care and food safety to ensure the best quality and safest pork in the world. cpc-ccp.com/canadian-pork-excellence
- ✓ **RESPONSIBLE ANIMAL CARE: THE CODES OF PRACTICE FOR THE CARE AND HANDLING OF PIGS IN CANADA.** The codes of practice are nationally developed guidelines for housing, care, transportation and animal husbandry. www.nfacc.ca
- ✓ **NATIONAL LIVESTOCK IDENTIFICATION AND TRACEABILITY SYSTEM.** Canada is the only country in North America to implement a national swine identification and traceability system with mandatory participation by all producers, ensuring the highest level of herd health and safety. cpc-ccp.com/traceability
- ✓ **RAISED WITHOUT ADDED GROWTH HORMONES:** Canadian farmers do not use growth hormones to raise pigs.
- ✓ **PROCESSING QUALITY AND SAFETY ASSURANCE SYSTEM:** Verified Canadian Pork™ processors are CFIA federally registered HACCP approved plants maintaining the highest standards for freshness, quality and safety. www.inspection.gc.ca



PORK TENDERLOIN

Pork tenderloin is naturally tender and offers finely textured lean meat with mild flavour that works well with rubs and glazes to enhance flavour.

Visit verifiedcanadianpork.com for easy-to-follow cutting instructions for 10 delicious ideas for fresh Canadian pork tenderloin. Click on the Home Butcher link.



CANADIAN PORK CUTS

SATAY
BUTTERFLY FILET MIGNON
FILET MIGNON MEDALLIONS
BUTTERFLY FILET GRILL
STIR-FRY
TENDERLOIN STEAK TIPS
HERB STUFFED FILET
BROCHETTE
SCALOPPINI
FILET MIGNON SKEWERS

SERVING SUGGESTIONS

Grill, BBQ
Grill, BBQ
Grill, BBQ
Grill, BBQ, Roast
Stir-Fry, Hot Pot, Poach
Stir-Fry, Deep-Fry
BBQ, Grill, Roast
BBQ, Grill, Deep-Fry
Pan-Fry, Deep-Fry
Grill, BBQ

PORK TOP SIRLOIN

The pork top sirloin is a firm textured, leaner choice with intense flavour. Try it with marinades, rubs and glazes to enhance flavour, juiciness and tenderness.

Visit verifiedcanadianpork.com for easy-to-follow cutting instructions for 7 delicious ideas for fresh Canadian pork top sirloin. Click on the Home Butcher link.



CANADIAN PORK CUTS

TOP SIRLOIN SKEWER
TOP SIRLOIN STEAK TIPS
TOP SIRLOIN STEAK
PICANHA GRILL
SCHNITZEL
BROCHETTE
HERB-STUFFED SIRLOIN

SERVING SUGGESTIONS

BBQ, Grill
Stir-Fry, Pan-Fry, Deep-Fry
BBQ, Grill, Pan-Fry
BBQ, Grill, Broil
Deep-Fry, Pan-Fry
Grill, BBQ, Braise
BBQ, Grill, Broil

PORK LOIN BONELESS

Boneless pork loin is a premium quality lean cut that works well with brines, marinades, rubs and glazes to maximize flavour, juiciness and tenderness. Home Butchers appreciate how easy it is to slice this cut into many different meal options for cooking at home.

Visit verifiedcanadianpork.com for easy-to-follow cutting instructions for 11 delicious ideas for fresh Canadian boneless pork loin. Click on the Home Butcher link.



CANADIAN PORK CUTS

RIB-END COUNTRY STYLE

RIB CHOP

CENTRE-CUT LOIN ROAST

RIBEYE CHOP

CENTRE-CUT LOIN GRILL

SERVING SUGGESTIONS

Grill, BBQ, Pan-Fry, Broil, Deep-Fry, Braise

Grill, Pan-Fry, BBQ, Deep-Fry, Braise

Oven Roast, BBQ

Grill, BBQ, Broil

Grill, BBQ, Roast

BUTTERFLY LOIN CHOP

BROCHETTE

NEW YORK CHOP

SCALOPPINI

STIR-FRY

CENTRE-CUT LOIN CHOP

Pan-Fry, Grill, Deep-Fry

Grill, BBQ, Braise, Deep-Fry

Grill, BBQ, Broil

Pan-Fry, Deep-Fry

Stir-Fry, Hot pot, Poach

Grill, Braise, Pan-Fry, Broil

PORK CAPICOLA

Produced from the upper portion of the shoulder blade (butt), the capicola is made up of a firm-textured complex of muscles with generous marbling which combine to deliver intense flavour and juiciness. The natural cylindrical shape of this cut makes it ideal for home slicing.

Visit verifiedcanadianpork.com for easy-to-follow cutting instructions for 8 delicious ideas for fresh Canadian pork capicola. Click on the Home Butcher link.



CANADIAN PORK CUTS

STIR-FRY
SOUVLAKI
BACON-WRAPPED PANCETTA ROAST
COUNTRY STYLE
YOKINIKU BBQ
CAPICOLA
SATAY
CAPICOLA GRILL

SERVING SUGGESTIONS

Stir-Fry, Hot pot, Poach
Grill, BBQ, Deep-Fry
Oven Roast
Grill, BBQ, Braise
Grill, BBQ, Pan-Fry
BBQ, Grill, Broil
Stir-Fry, Deep-Fry
Grill, BBQ

PORK BELLY

Pork belly is well-marbled and features delicate flavours, offering tender and juicy results. Traditional application in North America for pork belly is bacon production; however, this cut is also perfect for oven roasting, braising, brining, smoking and barbecue.

Visit verifiedcanadianpork.com for easy-to-follow cutting instructions for 8 delicious ideas for fresh Canadian pork belly. Click on the Home Butcher link.



CANADIAN PORK CUTS

YAKINIKU BBQ
ROLLED BELLY SKEWER
ROLLED BELLY ROAST
HERB STUFFED BELLY
BELLY SHORT RIBS
SCORED BELLY ROAST
HOT POT
GRILLING BELLY STEAK

SERVING SUGGESTIONS

Grill, Pan-Fry
Grill, BBQ, Braise
Pot Roast, Oven Roast, Braise
Oven Roast, Braise, BBQ
Braise
Oven Roast, Pot Roast, Braise
Stir-Fry, Hot pot, Poach, Steam
Grill, BBQ, Pan-Fry, Broil, Deep-Fry, Braise



ROASTING GUIDE

The best way to know if meat is cooked properly is to use a meat thermometer, inserted into the thickest part of the roast, to check the internal temperature (160°F/71°C). For roasts, including tenderloin, you can remove the pork roast from the oven when the internal temperature reaches 155°F/68°C and rest 3 to 5 minutes until the temperature reaches 160°F/71°C.

Check to make sure that your thermometer is oven-safe; oven-safe thermometers can stay in the meat, which allows you to check the temperature without opening the oven door. Other thermometers can't stay in the oven, and are only used to check temperatures towards the end of cooking.

How much should you buy? Allow 250 g raw meat per person.



GRILLING GUIDE

For perfect grilling every time, start by selecting thick-cut pork chops and steaks, at least ¾"-1" or larger. Preheat grill to medium-high heat. Grill for 11-12 minutes, turning once at the halfway point. Cook until meat reaches an internal temperature of 160°F/71°C. Thickness will affect grilling times.

Always use a meat thermometer. Insert the thermometer into the centre of the thickest part of the meat, away from bone or fat for the most accurate reading.

PORK — A “POWERHOUSE” OF NUTRITION!

PORK IS AN EXCELLENT SOURCE OF:

protein / niacin / vitamin B₁₂ / selenium
vitamin B₆ / zinc / thiamin / phosphorus

PORK IS A GOOD SOURCE OF: riboflavin / potassium

PORK IS A SOURCE OF: iron / magnesium / pantothenate

Based on values for 100 grams of broiled pork tenderloin

CANADIAN PORK COOKING BASICS

Overcooking pork can result in dry, tough meat. Health Canada recommends cooking pork to an internal temperature of 160°F/71°C.

Pork chops, steaks and roasts can be removed from heat at 155°F/68°C, since the temperature will rise to the recommended 160°F/71°C when lightly covered with foil.

Sausage and ground pork products must always be cooked to 160°F/71°C.

Some items, such as pot roasts or pork ribs, might be slow cooked beyond 160°F/71°C to achieve desired tenderness.

STORING PORK

Always read the on-pack meat label and check “packaged on” or “best before” dates. If properly stored, pork can be easily frozen for later use (freeze by best-before date) and then defrosted in the refrigerator or microwave. Meat defrosted in the microwave should be cooked immediately.

THE “THREE C’S” FOR SAFE MEAT HANDLING

1. Keep it Clean.
2. Keep it Cold.
3. Keep it Covered.

When in doubt, throw it out! If you discover something in the refrigerator that you have forgotten about, don't taste it! If any meat looks or smells suspicious, throw it out!



**FOR MORE INFORMATION ABOUT CANADA PORK
PROGRAMS AND SERVICES CONTACT:**

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PROUD SUPPLIERS OF VERIFIED CANADIAN PORK™:



NATIONAL PORK MARKETING PROVINCIAL PRODUCER ORGANIZATIONS: BC PORK PRODUCERS, ALBERTA PORK, SASKATCHEWAN PORK DEVELOPMENT BOARD, MANITOBA PORK COUNCIL, ONTARIO PORK PRODUCERS MARKETING BOARD, PORC NB PORK, PORK NOVA SCOTIA, PEI HOG COMMODITY MARKETING BOARD.

PARTNERS IN SUCCESS: CANADIAN PORK COUNCIL, CANADIAN MEAT COUNCIL.