

# Delicious Slow-Cooked Canadian Pork

CANADIAN PORK SLOW-COOKING GUIDE



## Canadian Pork Slow-Cooking Guide

Slow-cooking pork is an excellent way to achieve tender, flavourful results. The meat becomes juicy and fall-apart tender, while the low and slow cooking method results in a rich and complex taste.

Cooking Methods Braise Stew/Simmer Pot Roast Sous Vide Slow Cooker Pressure Cooker



**Side Ribs**

Pork Side Ribs (with or without breast bone). Also known as spareribs or St. Louis Ribs (centre cut only). Tender, juicy and meatier than back ribs, a perfect choice for all slow-cooking methods.



**Shoulder Blade Steak**

Pork Shoulder Blade Steak, Boneless. Also known as butt or capicola steak. Capicola steaks are one of the most flavourful cuts available and highly valued in the Japanese market. Perfect for all slow-cooking methods.



**Shoulder Blade Roast**

Pork Shoulder Blade Roast. Also known as pork butt. Blade roasts are perfect for pot roasting or braising for pulled pork or a hearty ragout.



**Boneless Shoulder Blade Roast**

Pork Shoulder Blade Roast, Boneless. Also known as boneless butt. Boneless blade roasts are an excellent choice for all slow-cooking methods and will deliver tender, juicy results every time.



**Back Ribs**

Pork Back Ribs. Also known as baby back ribs or loin ribs. Back ribs are leaner and offer a smaller portion size compared to side ribs. What they lack in size, they make up for in tender, juicy results when prepared using slow-cooking methods.



**Riblets**

Pork Riblets (barbecue style). Also known as meaty riblets. Riblets are cut from the first 2 – 4 ribs similar to chuck ribs. Riblets cut this way are delicious when slow-cooked to perfection.



**Shoulder Blade Country-Style**

Pork Shoulder Blade Country-style. Also known as boneless country-style ribs. Can also be cut from the loin rib-end (boneless or bone-in). Country-style ribs are an excellent value-cut choice that delivers tender and juicy results every time.



**Boneless Shoulder Picnic Roast**

Pork Shoulder Picnic, Boneless. Also known as fresh cottage roll. Boneless picnic roasts are an excellent value-cut option for braising, pot roasting and pulled pork.



**Shoulder Picnic, Roast**

Pork Shoulder Picnic. Also available skin-on with hock. Whole, half or portion-cut picnic roasts are an excellent value-cut choice that works well with all slow-cooking methods.



**Leg Roast**

Pork Leg Roast, Boneless or Bone-in. Also known as fresh ham roasts. May be offered without skin. Leg roasts are an excellent value-cut lean meat option and available in many portion sizes for any occasion or price point.



**Boneless Belly Short Ribs**

Pork Belly, Skinless. Also known as side pork. May also be offered with skin. Pork belly cut into short rib portions is an excellent alternative to family-favourite short rib recipes. Belly short ribs are extra meaty, delivering tender, juicy results when slow-cooked to perfection.



**Belly Short Ribs**

Pork Belly, Rib-in. Also known as rib-in side pork. May also be offered with skin. Pork belly short ribs are an excellent alternative for classic short rib recipes.



**Belly Long Ribs**

Pork Belly, Rib-in Long Cut. Also known as rib-in side pork. May be offered with skin. Long cut belly ribs are large and meaty ribs perfect for larger appetites.



**Hock**

Pork Hock, Whole or Half. Also known as fore shank. Hocks are an excellent value-cut, perfect for all slow-cooking methods.



**Shank**

Pork Shank, Whole or Centre Cut. Also known as ham hock, hind shank or knuckle. May be offered with skin. Shanks are an excellent choice for ossobuco recipes and deliver exceptional results when slow-cooked to perfection.



**Simmering Cubes**

Pork Simmering Cubes. May be cut from the shoulder blade, picnic, leg or loin trimmings. Simmering cubes are an excellent value-cut option for delicious slow-cooked bourguignon, meaty ragout sauces and family-favourite casseroles.

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## CLASSIC SLOW-COOKING METHODS

**BRAISING, POT ROASTING, STEWING** 🍲 | Brown pork (either whole piece or cut into chunks) in oil. For braising, use some liquid/stock; for pot roasts, add enough liquid/stock to cover meat halfway; for stews, cover with liquid/stock. Cover with lid and simmer over low heat on stove top or in a 325°F (160°C) oven until meat is tender and internal temperature is (160°F/71°C), approximately 30–35 minutes/pound (0.5 kg).

**OTHER SLOW-COOKING METHODS** (check manufacturer's directions for correct use)

**SLOW COOKER** 🍲 | Also known as a crock-pot, the slow cooker is used to simmer at a low temperature over a long period of time to achieve tender and juicy results. Slow cookers are an excellent option for unattended simmering, braising, stewing and pot roasting applications and a perfect choice for slow-cooking pork.

**PRESSURE COOKER/INSTANT POT** 🍲 | This is a process of cooking food using water or other liquids such as vegetable or meat stock in a sealed vessel known as a pressure cooker (stovetop) or instant pot (electric). This process acts like many hours of braising within a shorter time period.

**SOUS-VIDE** 🍲 | Sous-vide method places food in a plastic pouch which is then cooked in a water bath or steam environment at a carefully regulated temperature. The temperature is low, typically around 131-140°F (55–60°C) for meat. This technique ensures perfect doneness, even cooking throughout, tenderness, and juiciness.



Pork Cuts	Pounds	Kg	Time
Pork Side Ribs	3	1.4	1.5 hours
Back Ribs	1.5	0.68	1 hour
Riblets	2–3	0.9–1.4	1–1.5 hours
Shoulder Blade Country-Style (Bone-in/Boneless)	3	1.4	1.5 hours
Shoulder Blade or Picnic Roast (Bone-in/Boneless)	3–6	1.4–2.7	1.5–3 hours
Belly Shorts Ribs (Bone-in/Boneless)	3–6	1.4–2.7	1.5–3 hours
Shoulder Blade Steak	3	1.4	1.5 hours
Leg Roast	3–4	1.4–1.8	1.5–2 hours
Hock	3–6	1.4–2.7	1.5–3 hours
Shank	3–6	1.4–2.7	1.5–3 hours
Simmering Cubes	2–3	0.9–1.4	1–1.5 hours

For perfectly cooked pork every time, use a meat thermometer. It's the best way to maximize flavour and juiciness. Insert the thermometer into the thickest part of the meat. Remove from heat at 155°F (68°C). Let it rest for 3 to 5 minutes until the temperature rises to 160°F (71°C).



LEARN HOW TO SLOW-COOK CANADIAN PORK.



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