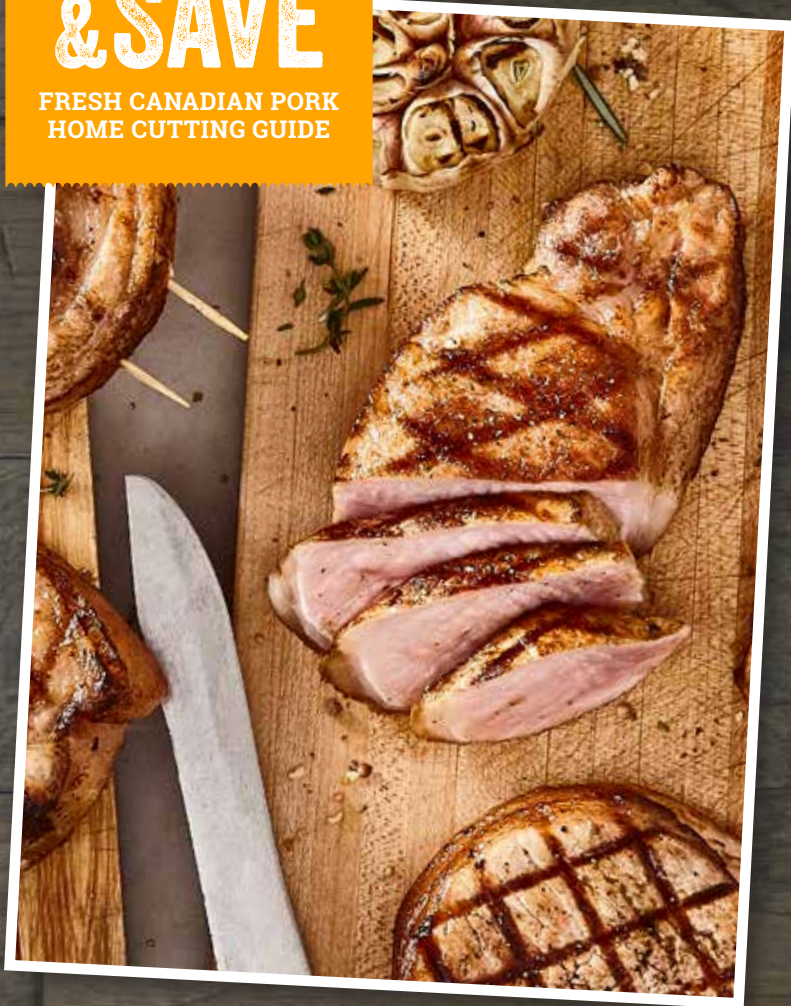


# SLICE & SAVE

FRESH CANADIAN PORK  
HOME CUTTING GUIDE



[VERIFIEDCANADIANPORK.COM](http://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.

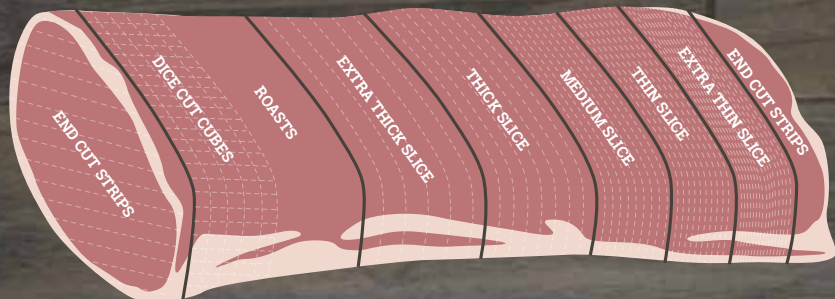
You can cut it your way, to meet your meal plans. Prepare a traditional Sunday pork roast and still have chops, schnitzel, stir-fry or a quick-roast for the busy weekdays.

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](http://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](http://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](http://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](http://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](http://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](http://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  
SCHMITZEL  
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](http://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](http://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](http://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 B<sub>12</sub> / selenium  
vitamin B<sub>6</sub> / 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.