

<b>Pork Cut</b>	<b>Best Cooking Method</b>	<b>End Temp °F</b>	<b>Stand Time*</b>	<b>Visual Description</b>
Chops/Steaks	Grill	145°F	3 minutes	Medium Rare (warm, dark-pink center)
Grilling Filet	Grill	150°F	3 minutes	Medium Rare (warm, dark-pink center)
Bacon-Wrapped Pork Filet	Grill	155°F	3 minutes	Medium (pink and firm center)
Tenderloin	Grill	145°F–155°F	10 minutes	Medium Rare (warm, dark-pink center) to Medium (pink and firm center)
Loin Roast	Oven Roast	145°F–155°F	15 minutes	Medium Rare (warm, dark-pink center) to Medium (pink and firm center)
Loin Filet	Oven Roast	145°F–155°F	10 minutes	Medium Rare (warm, dark-pink center) to Medium (pink and firm center)
Sirloin Roast	Oven Roast	160°F	15 minutes	Medium (pink and firm center)
Picnic Cushion	Oven Roast	160°F	15 minutes	Medium (pink and firm center)
Steamship Picnic Roast	Oven Roast	160°F	30 minutes	Medium (pink and firm center)
Pork Shoulder	Smoke or Slow Cook	190°F	15 minutes	Well Done (falls apart when pulled with fork)
Steamship Leg of Pork	Oven Roast	160°F	30 minutes	Medium (pink and firm center)

\*Why is there a stand time?

Letting pork rest results in juicier meat. That's because juices rise to the surface during cooking. When pork stands, the juices can settle and return to the center. If you slice too soon, you'll allow most of the juices to run out, creating dry meat—and no one likes that.

**Smithfield**