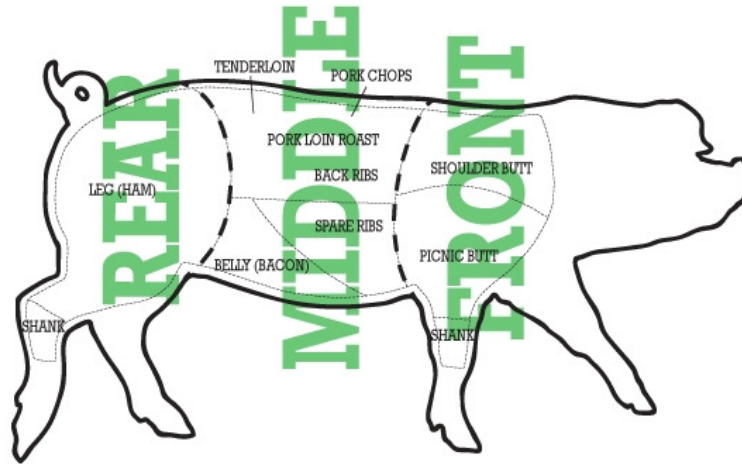




# Pork Cuts & How to Cook Them



## Common Cooking

Cut	Also Known As	Methods	Popular Dishes
<b>LARD</b>	Soft Fat	Baking	Ingredient in Pies and Cakes
Lard is classified into three categories according to the part of the pig's body it is sourced from. The highest grade is "leaf lard" which bakers often use as shortening because it contains very little pork flavor and keeps crusts moist. Lower grades of lard can be taken from the fatback or caul fat.			
<b>FATBACK</b>	Hard Fat	Skillet	Salt Pork, Cracklins, Fatback Bacon
Fatback is a cut from the top of the pig and includes skin and hard lard. It is a fatty cut whose intense flavor compliments roasted vegetables. Fatback is also an alternative cut used for bacon.			
<b>BACK RIBS</b>	Baby Back Ribs, Loin Ribs	Braise, Bake, Grill, Smoke	Barbecue Ribs
These are cut from the loin and are meatier than spare ribs, but not as meaty as country-style ribs.			
<b>COUNTRY-STYLE RIBS</b>	-	Braise, Grill, Smoke, Stew	BBQ, Ragout, Pork & Sauerkraut
The meatiest rib cut and may be cut boneless. Technically, they are not ribs at all but come from the loin-end closest to the shoulder, just above the back ribs.			
<b>TENDERLOIN</b>	Pork Tender, Pork Filet	Roast, broil, grill	Stuffed pork roast
The rear section of the loin. Probably the most tender, leanest cut, always boneless, not to be overcooked			
<b>TOP LOIN</b>	-	Roast, bake	Pot roast
This is often sold as a boneless "double loin" roast, where 2 single loins are folded together into a roll and tied with butcher's twine.			

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Cut	Also Known As	Methods	Popular Dishes
<b>BLADE LOIN</b>	Rib End, Blade Roast	Roast, braise	Pulled pork
Blade loin is the section of loin closest to the shoulder. Not the most tender, but flavorful and economical. The blade chop is a cross-section of the roast and is the most marbled pork chop cut.			
<b>CENTER LOIN</b>	Center Cut, Pork Chop	Roast, Braise, Smoke, Grill, Pan Fry	Canadian Bacon, Crown roast, Stuffed Pork Chop
The preferred roasting cut. It contains the tenderloin and is most flavorful and moist when the outer fat covering and bone are left on. The pork loin chop and rib chop are cross-sections of this roast.			
<b>SIRLOIN</b>	Hipbone Roast	Roast, Braise, Pan Fry	Pork cutlet
Sirloin is the section of loin closest to the rear legs. The cross-section is called sirloin chop if it's bone-in, pork cutlet if its boneless.			
<b>FEET</b>	Hoof, Trotters	Smoke, Cure, Pickle	Ingredient in Menudo (traditional Mexican dish)
Feet are high in collagen, which makes them a good source of gelatin for soups and stews.			
<b>HOCK</b>	Ham Hock	Soup, Greens, Beans	Ingredient in Split Pea Soup, Collard Greens or Black Eyed Peas
Ham hock is the lower end of the shank including the bone, tendon and muscle. It is most often slow cooked as a powerful flavor addition in a dish rather than considered the primary ingredient.			
<b>SIDE</b>	Belly	Smoke, Cure	Bacon, Pancetta
The side cut is the fatty underbelly of the pig. Smoking the side creates bacon while salt-curing it creates pancetta.			
<b>SPARE RIBS</b>	Side Ribs	Grill, Braise, Smoke	Char sui, St. Louis style ribs
Spareribs are the belly side of the ribs, closest to the side, and are not as meaty as back ribs. They require a long, wet cook on low heat.			
<b>LEG</b>	Ham, Shank	Smoke, Cure	Serrano Ham, Prosciutto
True ham is only sourced from the hind legs of the pig. The shank is the lowest section, above the foot.			
<b>SHOULDER</b>	Boston Butt	Smoke, Cure, Braise	Pulled Pork, Sausage
Pork shoulder is similar to leg but considered a lower grade cut and thus more economical. The fatty marbling makes it a good cut for keeping long slow roasts moist. Ground shoulder is a common source of sausage meat.			
<b>PICNIC SHOULDER</b>	Picnic Ham, Arm Shoulder, Shank	Braise, Smoke, Cure	Picnic steak
This comes from the lower part of the shoulder, below the blade, and includes the front shank.			

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