

SELECT AUSTRALIAN PORK CUTS



Just think Pork.



AUSTRALIAN PORK LIMITED

Australian Pork Limited (APL) is a not-for-profit company that combines R & D, export development and marketing on behalf of the Australian pork industry. APL is primarily funded by a statutory levy on Australian pork producers.



Australian Pork

L I M I T E D

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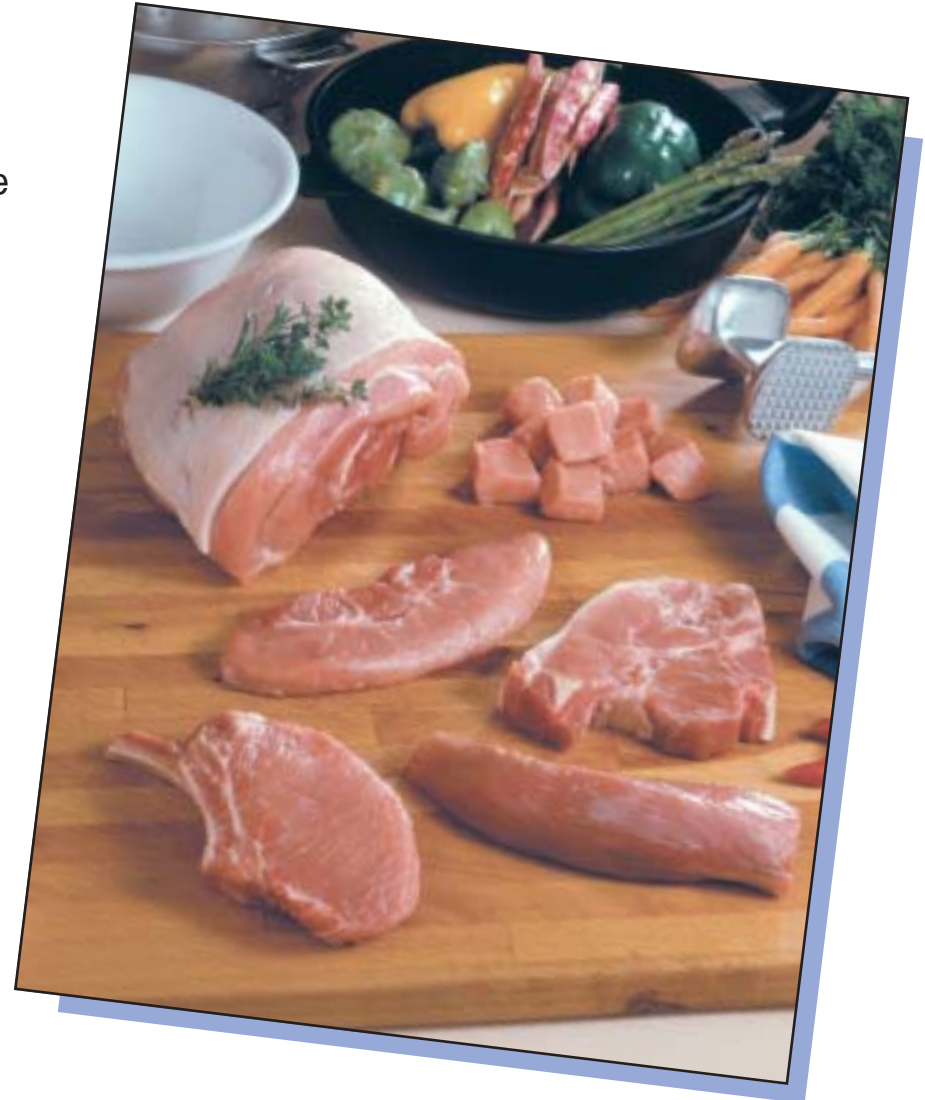
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AUSTRALIAN GRAIN FED PORK

Over the past twenty years Australian pork has become a very different meat and increased in popularity, despite the overall decline in meat consumption. This is the result of improvements in breeding, housing and feeding techniques, combined with the disease free and safe status of pork production and processing.

An example of the improved production management by Australian pork producers is the reduction by 60-65% in the overall fat content of today's pork. An acknowledgement of this is the approval, by the National Heart Foundation, of 14 pork cuts in the Foundation's "Tick" of approval program.

New-Fashioned Australian Pork is a lean, convenient and quick to cook white meat and provides a wide range of cuts to cater for more health conscious consumers. At the same time, Australian Pork has a delicate flavour which combines well with a variety of fruits, vegetables, sauces and cooking styles, to provide a most enjoyable eating experience.

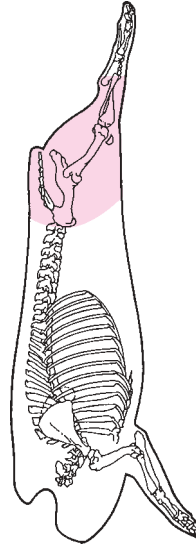


LEG HAM TRIM - 4012

Standard Leg

Leg Ham Cut is prepared from a side by a straight cut at right angles to the vertebral column between the 6th and 7th lumbar vertebrae passing just cranial of the hip bone (ilium). The Leg is further prepared by the removal of the flank, flank fat, sacral vertebrae, coccygeal vertebrae and associated fat.

The Butt Tenderloin is removed.



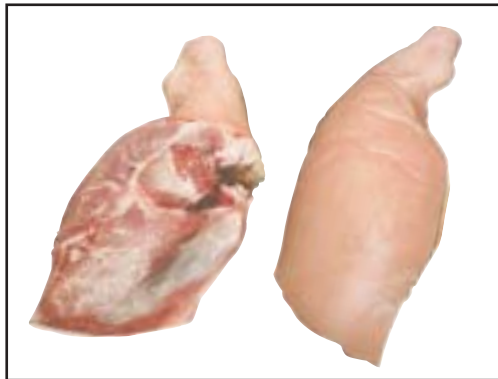
PORK CUTS PREPARED FROM LEG

LEG - 4010



Leg is prepared from a Leg Ham Trim (4012) by removing the rump by a straight cut at right angles to the vertebrae passing just cranial to the hip bone avoiding the quadriceps group of muscles.

SILVERSIDE ROAST (Easy Carve)



Silverside is prepared from a Leg and is the outside portion and is removed along the natural seams between the Inside and Knuckle. The bone in Leg Shank remains firmly attached.

RUMP ROAST (bone in)



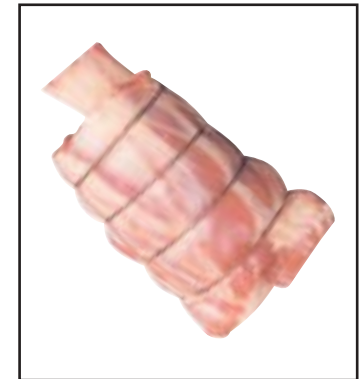
Rump is prepared from a Leg Ham Trim (Item 4012) by a cut from the subiliac lymph node through to the ischiatic lymph node, avoiding the quadriceps group of muscles.

SHANK



Shank is prepared from a Leg by the removal of the hind trotter at the tarsal joint and the leg at the stifle joint by a saw cut or knife cut.

SHANK TIED



Skin off, trussed.

PORK CUTS PREPARED FROM LEG



Olive & Thyme
Crumbed Schnitzels

SILVERSIDE



RUMP



TOPSIDE



ROUND

LEG STEAKS (TOPSIDE)



LEG STEAKS (SILVERSIDE)



LEG STEAKS (ROUND)



SCHNITZELS (ROUND)



SCHNITZELS (TOPSIDE)



RUMP STEAKS

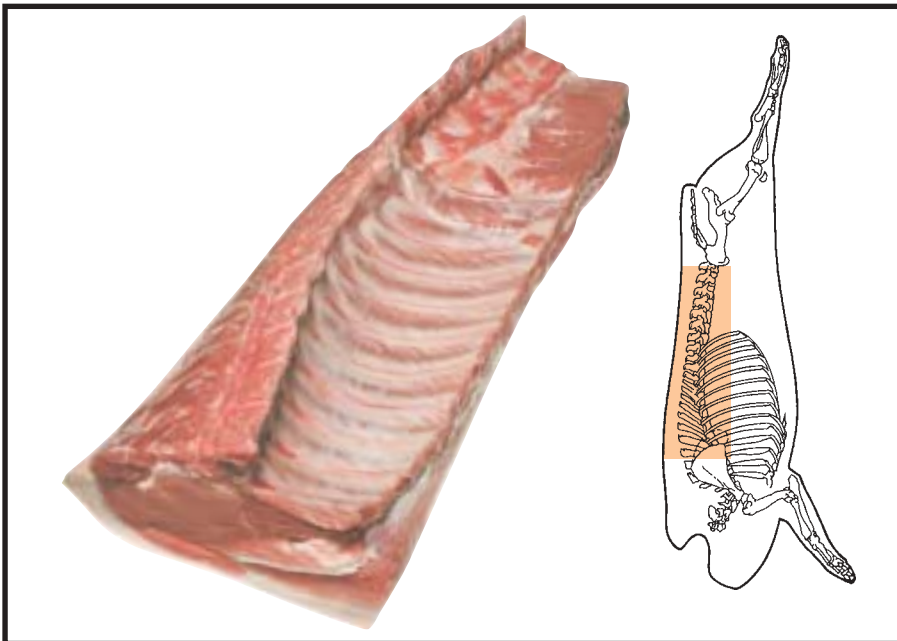


MIDDLE 4070 (12-RIB)

Middle is prepared from a side by the removal of the Leg between the 4th and 5th lumbar vertebrae and the Shoulder Square Cut between the 2nd and 3rd ribs at right angles to the spinal column by a straight cut to the ventral edge. The diaphragm and tenderloin are removed.

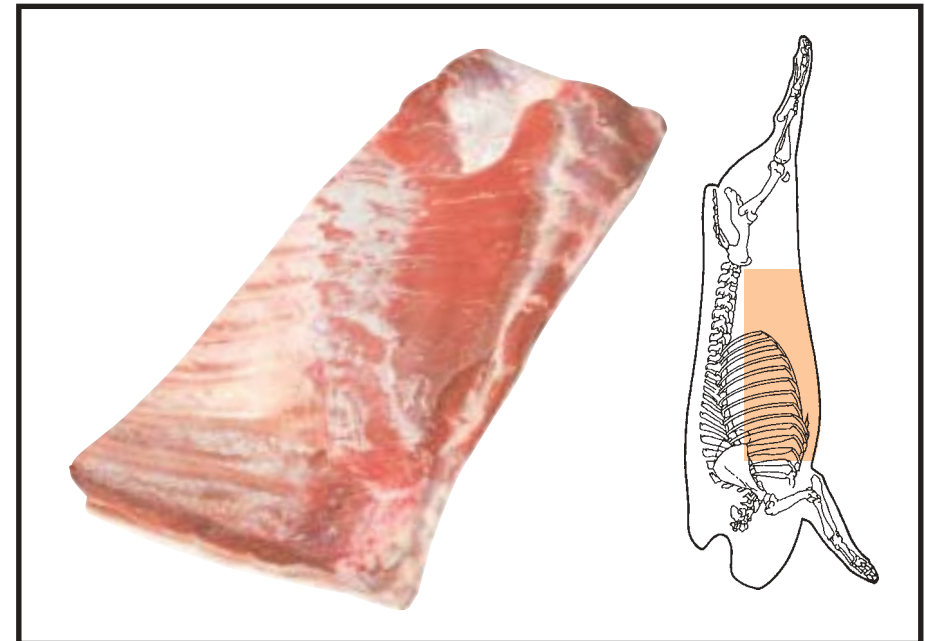


LOIN 4099



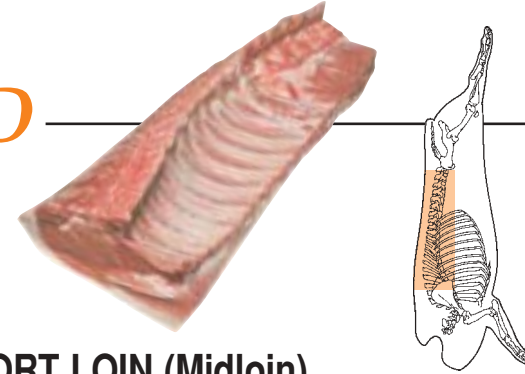
Loin is prepared from a Middle by the removal of the belly by a cut at a specified distance from the eye muscle and parallel to the dorsal edge.

BELLY (SPRING) 4080



Belly (Spring) is the remaining portion of the middle after removal of the loin.

PORK CUTS PREPARED FROM LOIN 4099



EYE OF LOIN (Ribloin)



Eye of Loin is prepared from the Loin and consists of the eye muscle portion (M. longissimus dorsi) carefully remove along the natural seam.

EYE OF SHORT LOIN (Midloin)



Eye of Short Loin is prepared from the Loin and is the caudal portion of the eye muscle removed at the junction of the 14th rib and 1st lumbar vertebrae.

BUTTERFLY STEAKS



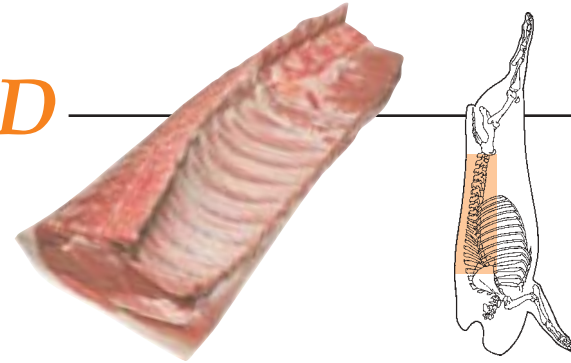
LOIN STEAKS



TENDERLOIN



PORK CUTS PREPARED FROM LOIN



LOIN RACK



ROLLED LOIN ROAST



LOIN RIBS (American Spare Ribs)



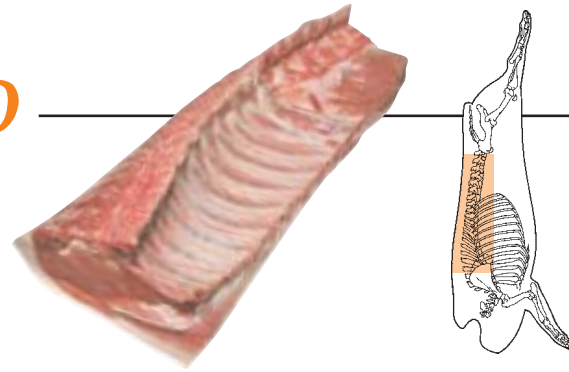
LOIN CUTLET



LOIN CHOPS

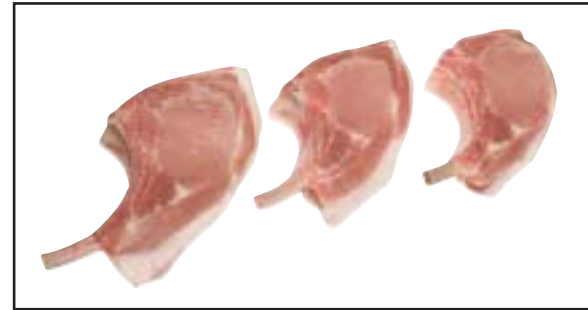


PORK CUTS PREPARED FROM LARGER SIDES



*King Henry Cutlet
with Apple Cider Relish*

KING HENRY CUTLET



Cut from a midloin, with rind and excess fat removed. Maximum fat cover approximately 2 mm. French rib bones to a approximate depth of 70 mm. Cut evenly between ribs for a "royal" cut of pork.

COUNTRY STYLE SUPER RIBS



A popular cut in America these meaty ribs are prepared from the shoulder end of the ribloin (cut between 6th and 7th ribs). Remove rind and fat and underlying muscle from the eye of the ribloin and cut into super ribs, for big appetites.

"QUICK COOK" LOIN CHOPS



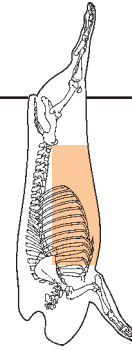
For the ultimate in speed and convenience this loin chop has a maximum 2 mm fat cover and is no more than 1 cm thick. Popular for breakfast the "Quick Cook" pork chop will cook quicker than fried eggs.

T-BONE STEAKS



Prepared from the Loin (leave tenderloin fillet and chine bone attached). T-Bone steaks should have the rind removed leaving a fat cover of approximately 3 mm and be at least 15 mm thick. "T" shape of chine bone retained.

PORK CUTS PREPARED FROM BELLY 4080



SPARE RIBS



BELLY RACK



Separate the non-rib section (lumbar) of the belly from the mid section (thoracic) and remove five or six ribs (9th to the 14th ribs inclusive) from the leg end of the mid section. Then raise each rib by removing the intercostal muscle from and between each rib. Wrap and roll belly meat between each rib with fine twine to achieve a rack of pork finish. If desired a pocket can be cut in the top end of the belly before trussing to include seasoning/filling. A "bargain buy" version of this popular cut.

SPARE RIBS ITALIAN



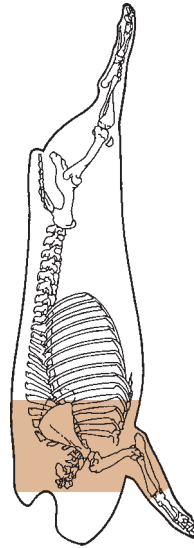
Remove the rind from the pork belly and mark across the ribs. Cut across and through on the band saw and present as full ribs or in bite size portions. Something a little different.



FOREQUARTER

4029

The pork forequarter (shoulder) square cut is derived from a pork side by a cut between the 4th and 5th ribs, at right angles to the spinal column.



PORK CUTS PREPARED FROM FOREQUARTER

BANJO SHOULDER ROAST



Remove rib and neck bones from the forequarter and then remove the scotch (neck / collar butt) following the natural seam. Trim excess fat and score rind, if required.

PICNIC SHOULDER ROAST



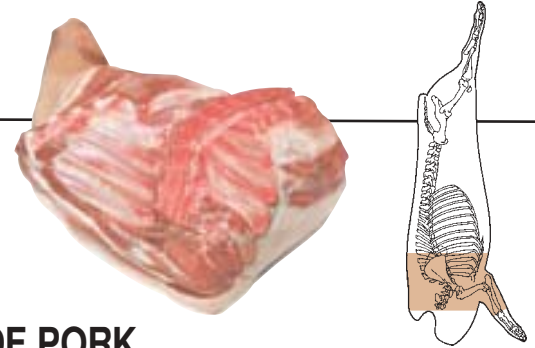
Remove rib and neck bones from the forequarter and then remove the scotch (neck / collar butt) following the natural seam. Remove blade bone and tunnel-bone the arm bone. Leave hock on, trim excess fat and tissue. Roll and truss.

SHOULDER RIBLETS



Separate the sternum from ribs by a cut through the cartilage joint. Cut through ribs with a saw cut and parallel to the chine bone. Remove ribs and underlying meat. Riblets can be prepared as a full piece or individual portions.

PORK CUTS PREPARED FROM FOREQUARTER



Roasted Honey Pork (Scotch)

HAND OF PORK



Remove the hand of pork from the forequarter by a cut through the arm knuckle (between the blade bone and arm bone). Hand of Pork can be pickled or prepared as a roast.

SCOTCH (NECK/COLLAR BUTT)



Remove from forequarter by following the natural seam. Provides, tender, easy to carve roasting piece or can be cut into steaks.

ROLLED SHOULDER



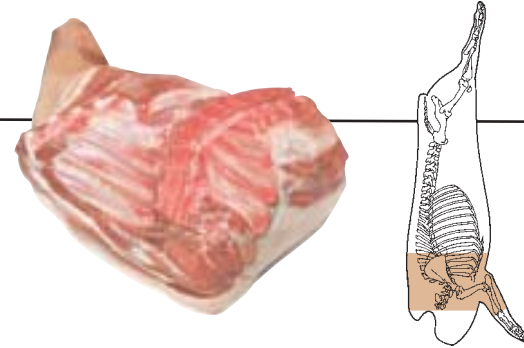
Remove rib and neck bones from the forequarter, then remove the scotch (neck collar butt), following the natural seam. Remove blade bone and hock. Tunnel bone the arm bone. Roll and net for easy-carve roast. Rolled Shoulder can be prepared as a full roll piece for individual portions.

SHOULDER HOCK



Remove hock from the forequarter by a cut approximately 10mm above the elbow joint.

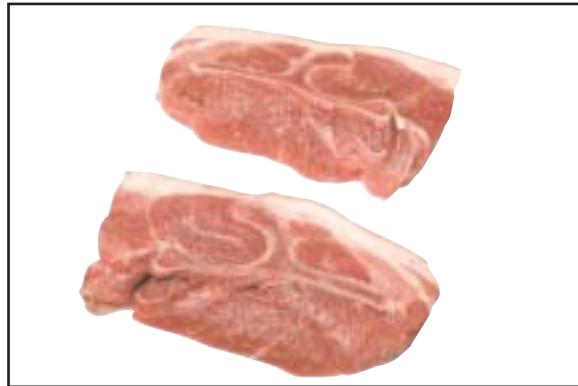
PORK CUTS PREPARED FROM FOREQUARTER



FOREQUARTER CHOPS



Y-BONE STEAKS



Remove rib and neck bones and scotch (neck collar butt) from the forequarter as previously described. Remove the hand from the blade. Mark and cut the blade into steaks. A cut item for budget BBQ and grilling.

SHOULDER CUTLET



Shoulder Cutlet is prepared from the forequarter after the removal of the blade and riblets. Shoulder chops are derived from the remaining portion of neck marked evenly and cut into chops.

SHOULDER RIBS



Separate the sternum from ribs by a cut through the cartilage joint and by a saw cut between 5th and 6th vertebrae (backbone). Remove the scotch (neck collar butt) along the natural seam with the rib, feather and chine bones attached. Separate featherbone from backbone (vertebrae) by a saw cut. Fleece the scotch from the rib bones and backbone, leaving the featherbone attached to the scotch and cut into chunky, tender ribs.



Pork Scotch & Buttermilk Onion Rings

PORK ITEMS

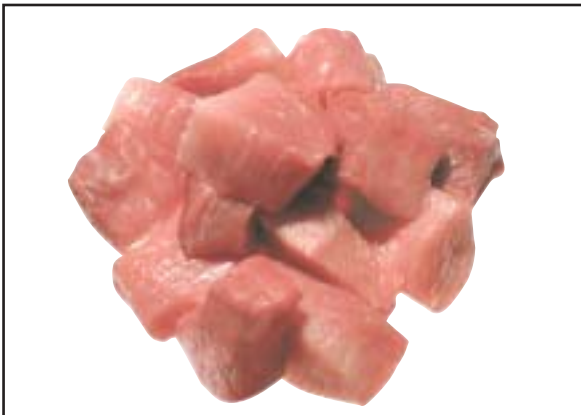
SAUSAGES



KEBABS



DICED



STIR FRY



MINCE



All meats continue to cook after being removed from heat

All meat, therefore, should be cooked to medium done and then left to rest before serving. The meat will continue to cook but will not dry out.

PORK COOKING HINTS

Roasts, after removing from oven, should be wrapped in foil and then covered with a folded tea towel for about 15 minutes before carving or serving.

Small cuts such as steaks, chops and cutlets should stand in a warm place for 2-3 minutes after taking off heat.

Testing Small Cuts

There are several ways of ensuring pork cuts such as steaks, chops, and cutlets are cooked to perfection.

- Turn when juices start to appear on the uncooked side and then cook on the other side for 3-5 minutes, depending on thickness or until juices also appear on the cooked side and are pink to clear.
- When lightly pressed with tongs the pork should be firm but springy.
- Insert a clean skewer and the juices released should be just pink to clear.

Pork is cooked to its most tender and juiciest best when the juices run just pink to clear or when internal temperature reaches 65-70°C for small cuts.

Some Pork Cooking Tips

- Brush pork with a little vegetable oil before cooking to prevent drying out and the need to use excessive fat.
- Make sure non-stick pans and barbecue grills are hot.



- When roasting pork chops, sear first for approximately 30 seconds on each side.
- For crisp crackling when roasting pork with rind, rub a little salt and oil into the rind.
- When cooking sausages and mince patties make sure they are cooked to well done.

Many people are under the impression that pork requires a lot of cooking time but this is just not so.

Suggested pork cuts and cooking times for all cooking methods.

Cooking Method	Suggested Cuts	Cooking Time
Stir Fry	Diced, strips, leg schnitzels cut into strips	1-2 minutes
BBQ or Grill	Butterfly, medallion, leg and rump steaks	3-4 minutes each side
	Scotch steaks, loin and forequarter chops, cutlets	4-6 minutes each side
	Mince patties	6-8 minutes each side
	Sausages	cook until juices are hot and clear
	Spare ribs barbecued	10 minutes approximately each side
Pan Fry	Schnitzels	2-3 minutes each side
	Strips	1-2 minutes
	Sausages, mince patties	cook until juices are hot and clear
	Chops, butterfly and loin steaks	4-6 minutes each side
Roast with rind	Leg, loin rack, forequarter/shoulder roast	Cook at 200-220°C for 15-20 minutes. Lower heat to 180°C allow 50-60 minutes per kilo or until internal core temperature reaches 70-75°C.
Rindless Roast	Scotch, round, loin	Cook at 180°C for 50-60 minutes per kilo or until internal core temperature reaches 70-75°C.
Casserole	Leg steak, spare ribs, scotch, butterfly steaks, loin medallion steaks, diced, mince	50-60 minutes per kilo.

For best results with pork use moderate heat and never overcook

PORK FACTS

CONSUMPTION

Pork is the world's most popular meat. More than 40% of all meat consumed in the world is pork, with European countries the biggest consumers.

The world's production of pork has doubled in the past twenty-five years. A similar production increase has occurred in Australia over the same period, with follow-on increases in consumption.

NUTRITION

As well as being tasty and tender, New-Fashioned Australian Pork is nutrient dense, in that it has a high ratio of essential nutrients in relation to its low contribution of kilojoules to the diet. Lean pork contains more thiamine, riboflavin, iron and zinc than either chicken or fish and is lower in kilojoules and fats than red meats.

COMPARISON OF 100 grams OF LEAN COOKED PRODUCT

	PORK	CHICKEN	WHITE FISH	BEEF*	LAMB
Kilojoules	620	660	580	785	725
Protein	28.6	28.4	22.4	30.2	27.8
Fat	3.6	4.8	5.4	7.2	6.8
Thiamin	0.93	0.06	0.21	0.09	0.14
Riboflavin	0.25	0.12	0.15	0.28	0.34
Niacin equiv.	10.5	8.7	7.2	10.5	10.8
Iron	1.2	0.6	0.4	3.7	2.9
Zinc	2.9	0.8	0.8	6.2	4.7
Cholesterol	90	92	85	82	90
Nutrient density	37	18	19	26	27

Source: Food Australia 1996 48 (2), 1993 45 (11), 1987 39 (5)