

Pork Cooking Times and Temperatures



Pork today is very lean and shouldn't be overcooked. To check doneness, use a cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture.

We recommend cooking pork chops, roasts, and tenderloin to an internal temperature between 145°F (medium rare) and 160°F (medium), followed by a 3 minute rest. Larger cuts increase approximately 10°F while resting, so remove them from the heat at 150°F followed by a 10 minute rest. Doneness for some pork cuts is designated as *tender*, like very small cuts or large cuts that cook slowly at low temperatures. Ground pork, should be cooked to 160°F. Pre-cooked ham can be reheated to 140°F or enjoyed cold.

pork.org/temperature

COOKING METHOD	CUT	THICKNESS/WEIGHT	Internal Temp (followed by 3min. rest)	Average Cook time (min. per lb. OR total min.)	
Roasting/ Baking Roast at 350°F unless otherwise noted. Roast in a shallow pan, uncovered.	Ham, fully cooked	5-6 lbs.	140°F	20 min./lb.	
	Loin Chops (bone-in)	1/2 inch	145-160°F	16-17 min.	
		3/4 inch		21-22 min.	
		1 inch		30-31 min.	
	Loin Chops (boneless)	1/2 inch	145-160°F	17-19 min.	
		3/4 inch		26-28 min.	
		1 inch		34-36 min.	
	Ribs	Pork Back Ribs	1½-2 lbs. per rack	Tender	1½-2 hrs.
		Country-Style Ribs	3-4 lbs.	Tender	1-1¼ hrs.
		Spareribs (St. Louis Style)	3½-4 lbs. per rack	Tender	1½-2 hrs.
	Loin Roast (bone-in)	Pork Crown Roast	10 lbs.	145-160°F	12-15 min. per lb.
		Rack of Pork	4-5 lbs.	145-160°F	25-40 min. per lb.
		Sirloin Pork Roast			
	Loin Roast (boneless)	Ribeye (Center Rib) Pork Roast	2 lbs. 3-5 lbs.	145-160°F	26-28 min. per lb.
		New York (Top Loin) Pork Roast			20-25 min. per lb.
		Sirloin Pork Roast			
	Roasts	Fresh Leg/Uncured Ham (bone-in)	16-17 lbs. 18-20 lbs.	145-160° F	15 min. per lb. 13-14 min. per lb.
		Fresh Leg/Uncured Ham (boneless)	3-4 lbs.	160° F.	30 min. per lb.
Shoulder (roast at 275° F.)		3-6 lbs.	Tender	55-85 min. per lb.	
Pork Steaks (boneless)	1/2 inch	145-160°F	15-17 min.		
	3/4 inch		23-25 min.		
	1 inch		30-33 min.		
Pork Belly (roast at 325°F and at 450°F)	2½-3 lbs.	Tender	45 min. per lb. at 325°F + 15 min. browning at 450°F		
Stuffed Pork Loin Chops	1¼-1½ inches	165°F	Varied (based on type of stuffing)		
Tenderloin (roast at 425° F.)	1-1½ lbs.	145-160°F	20-35 min.		
Whole Pork Loin (boneless)	8-10 lbs.	145-160°F	8-11 min. per lb.		
Broiling 4-5 inches from heat, turn once halfway through, or Grilling Over direct, medium heat, turn once halfway through.	Ground Pork Patties	1/2 inch	160°F	8-12 min.	
	Loin Kabobs	1-inch cubes	Tender	8-10 min.	
	Tenderloin	1-1½ lbs.	145-160°F	20-30 min.	
	Chops (bone-in)	Porterhouse (Loin) Pork Chop	3/4 inch	145-160°F	10-12 min.
			1 inch		13-14 min.
			1½ inch		20-21 min.
	Ribeye (Rib) Pork Chop	3/4 inch	145-160°F	8-12 min.	
	Sirloin Pork Chop	3/4 inch	145-160°F	8-12 min.	
	Chops (boneless)	New York (Top Loin) Pork Chop	1/2 inch	145-160°F	6-7 min.
			3/4 inch		12-14 min.
			1½ inches		23-25 min.
	Ribeye (Rib) Pork Chop	3/4 inch 1 inch	145-160°F	8-12 min. 17-19 min.	
Sirloin Pork Chop	3/4 inch	145-160°F	8-12 min.		
Blade Pork Steak	3/4 inch	Tender	10-12 min.		
Ham steaks, bone-in	1/2 inch	140°F	6 min.		

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COOKING METHOD	CUT	THICKNESS/WEIGHT	Internal Temp (followed by 3min. rest)	Average Cook time (min. per lb. OR total min.)	
Barbecuing Barbecue over indirect medium heat (about 325°F) unless otherwise noted.	Ribs	Pork Back Ribs	1½-2 lbs. per rack	Tender	1½-2 hrs.
		Country-Style Ribs	3-4 lbs.	Tender	45 min. - 1 hr.
		Spareribs (St. Louis Style)	3½-4 lbs. per rack	Tender	1½-2 hrs.
	Loin Roast (bone-in) such as:	Ribeye (Center Rib) Pork Roast	2 lbs.	145-160°F	22-32 min. per lb. 14-17 min. per lb.
		Sirloin Pork Roast	3-5 lbs.		
	Loin Roast (boneless) such as:	New York (Top Loin) Pork Roast	2 lbs.	145-160°F	20-26 min. per lb. 12-15 min. per lb.
		Pork Loin Center Roast	3-5 lbs.		
		Sirloin Pork Roast			
	Blade (Shoulder) Pork Roast	3-4 lbs. 5-6 lbs.	Tender	45-75 min. per lb. 30-45 min. per lb.	
	Fresh Leg/Uncured Ham (boneless), cook at 285°F	3-4 lbs.	160°F	27-32 min. per lb.	
Whole Pork Loin (boneless)	8-9 lbs. 10 lbs.	145-160°F	8-9 min. per lb. 6-7 min. per lb.		
Sautéing Add a little cooking oil to pan; saute over medium-high heat and turn once halfway through cooking time	Ground Pork Patties	1/2 inch	160°F	8-11 min.	
	Cutlets	1/2 inch	Tender	3-4 min.	
	Loin Chops (bone-in) such as:	Porterhouse (Loin) Pork Chop	3/4 inch	145-160°F	10-16 min.
		Ribeye (Rib) Pork Chop			
		Sirloin Pork Chop			
	Loin Chops (boneless) such as:	New York (Top Loin) Pork Chop	3/4 inch	145-160°F	8-12 min.
		Ribeye (Rib) Pork Chop			
		Sirloin Pork Chop			
	Blade Pork Steak	3/4 inch	Tender	10-16 min.	
Ham steaks	1/2 inch	140°F	6 min.		
Tenderloin Medallions	¼-1/2 inch	Tender	4-8 min.		
Braising Cook over medium-high heat in 1 Tbsp. vegetable oil until browned evenly on both sides. Add enough liquid to come ¼ to ½ inch up sides of pork. Return just to boiling. Cover and simmer until tender.	Cutlets	1/2 inch	Tender	3-4 min.	
	Loin Cubes	1 inch	Tender	8-10 min.	
	Tenderloin Medallions	1/2 inch	Tender	8-10 min.	
	Loin Chops (bone-in) such as:	Porterhouse (Loin) Pork Chop	3/4 inch	145-160°F	8-12 min.
		Ribeye (Rib) Pork Chop			
		Sirloin Pork Chop			
	Loin Chops (boneless) such as:	New York (Top Loin) Pork Chop	3/4 inch	145-160°F	6-10 min.
		Ribeye (Rib) Pork Chop			
		Sirloin Pork Chop			
	Ribs	Pork Back Ribs	1½-2 lbs. per rack	Tender	1¼-1½ hrs.
		Country-Style Ribs	3-4 lbs.	Tender	30-35 min.
		Spareribs (St. Louis Style)	3½-4 lbs. per rack	Tender	1¼-1½ hrs.
	Shoulder	Arm (Picnic) Pork Roast	3-4 lbs. 5-6 lbs.	Tender	30-33 min. per lb. 26-29 min. per lb.
Blade (Boston) Pork Roast		3-6 lbs.	Tender	2-2½ hrs.	
Blade Pork Steak	3/4 inch	Tender	11-12 min.		
Pork Belly	2½-3 lbs.	Tender	40 min. per lb.		
Stewing Cook, covered, with liquid at a slow simmer	Loin or Shoulder Cubes	1 inch	Tender	45 min. - 1 hr.	

Sources: Texas A&M and Spectrum Communications Services.