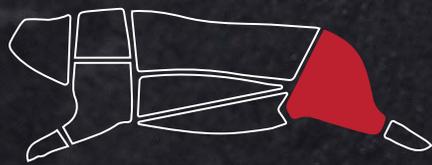




After learning about each cut, try preparing them yourself with these mouthwatering pork recipes.

get cooking



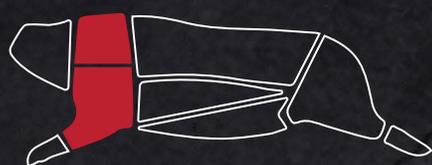
LEG

What to expect from the big hind leg and rump area? Even bigger flavor. It's also home to a classic, all-time favorite — ham.

Cooking methods:



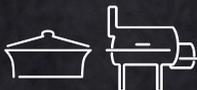
Smoked Ham, Bone-In



SHOULDER

Also known as the "butt," these well-marbled cuts actually come from the shoulder. Try cooking low and slow for extra tenderness and extra yum.

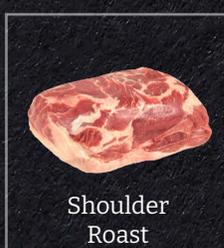
Cooking methods:



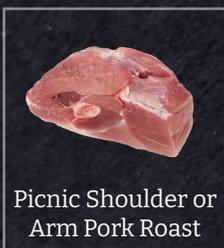
Blade Steak, Bone-In



Shoulder Country Style Ribs, Bone-In



Shoulder Roast



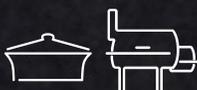
Picnic Shoulder or Arm Pork Roast



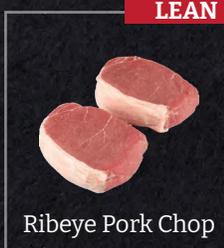
LOIN

Want a lean option that doesn't skimp on flavor? The loin is home to many lean cuts that are easy to prepare and even easier to love.

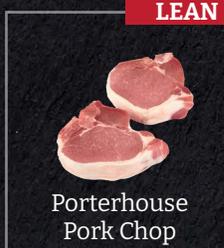
Cooking methods:



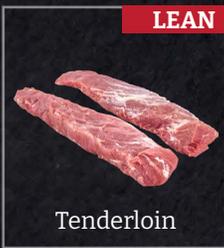
New York Pork Chops



Ribeye Pork Chop



Porterhouse Pork Chop



Tenderloin



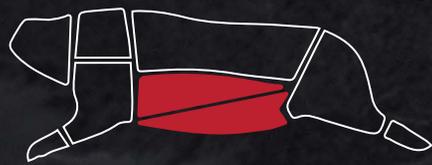
Back Ribs



New York Pork Roast or Top Loin Roast



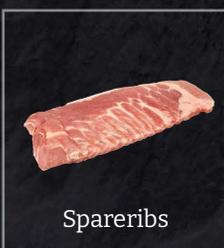
Rack of Pork



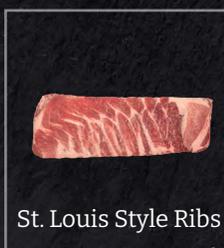
SIDE

Also known as "pork belly," this primal is home to several succulent cuts that are well-marbled and full of flavor — taste for yourself and be blown away.

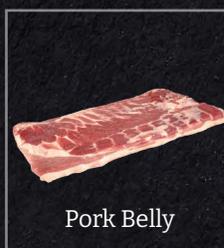
Cooking methods:



Spareribs



St. Louis Style Ribs



Pork Belly

find our pork cuts near you

where to buy

photos courtesy of The Pork Checkoff

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LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed. A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).

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key to recommended cooking methods



braise



roast



grill



skillet



smoke



skillet-to-oven