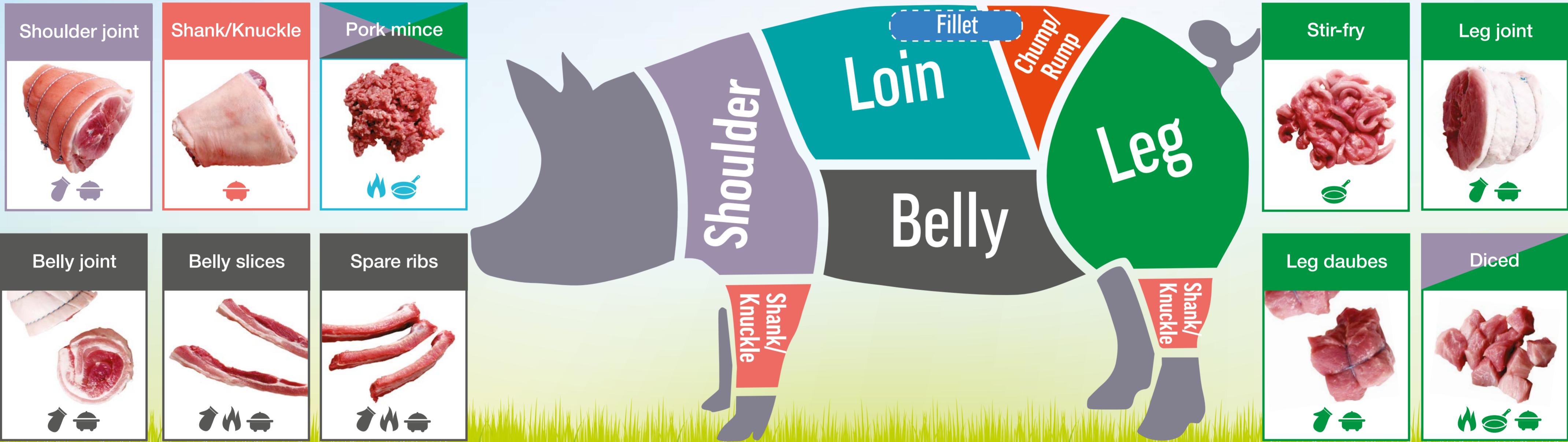
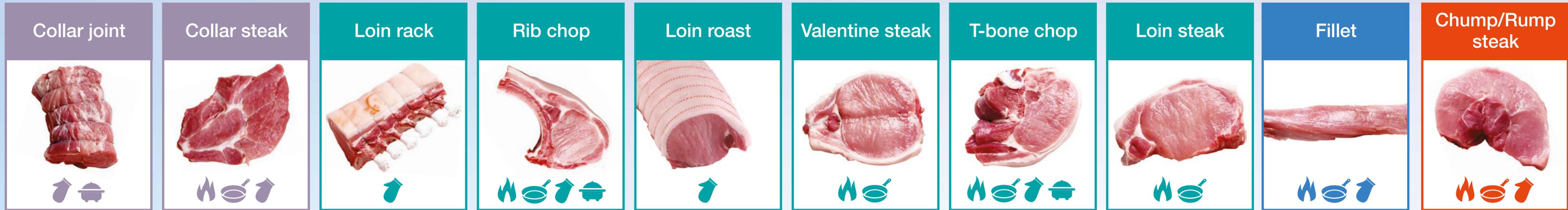


Know your pork cuts



Different cuts of pork

Shoulder

Produces a tender succulent joint, which is ideal for roasting or slow cooking. The collar section of the shoulder contains more intramuscular fat and can be cut into steaks.

Shank/Knuckle

Lean meat with a higher proportion of connective tissues. Cuts from this area are ideal for slow cooking or stews.

Loin

A versatile and lean cut of meat. All cuts from the loin are suitable for grilling, frying, barbecuing or roasting.

Belly

Tends to have a higher fat content, which means the meat is full of flavour; it can be cut into slices or rolled to make a roast. Spare ribs come from the belly.

Fillet

Commonly known as the tenderloin, it is a very tender and lean cut, it can be used for various dishes and is ideal for stir-fry, kebabs, grilling or roasting.

Chump/Rump

Comes from the end of the loin and star of the leg; sometimes called rump, it can be cut into steaks for grilling/frying or rolled to make a roast.

Leg

Traditionally used for roasting joints but through alternative butchery methods, it is now being used for lean thin-cut steaks that can be grilled or stir-fried.

Mince

Shoulder meat is used for mince but various cuts can be used from the entire carcass.

Cooking techniques



Barbecuing and grilling



Roasting



Frying and stir-frying



Slow cooking