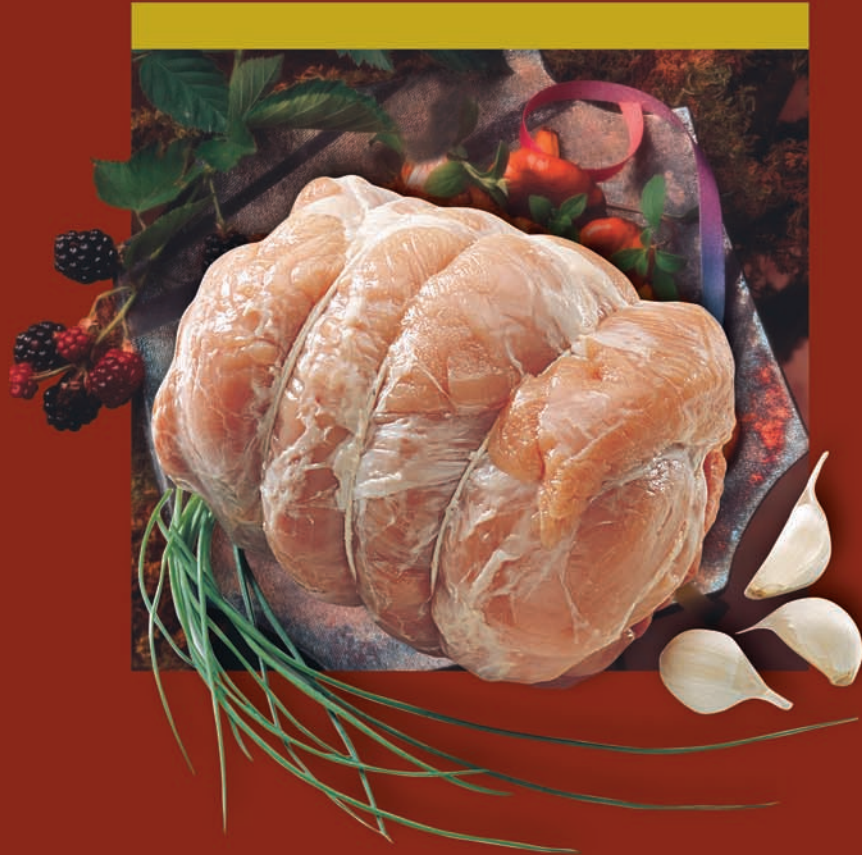
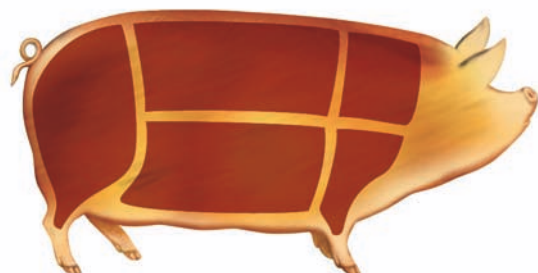


P O R K

# Cuts



# Pork Cuts



A thorough knowledge of the characteristics of individual pork cuts is the secret to profitability and customer satisfaction. For example, a knowledgeable chef will be able to use less expensive leg cuts for scaloppini, schnitzels and satays where a less confident chef may use the more costly loin cuts. Intelligent, informed ordering keeps costs down and profits high.

Market hogs are grown to a weight of 120 to 250 lbs (55 to 115 kg) before being slaughtered. The tenderness and delicate flavour of today's pork is due in part to the fact that hogs are sent to market at 5 to 6 months of age. About 50 per cent of total Canadian production is exported. Excluding exports, approximately 70 per cent is sent on for further processing, giving us hams, bacon and sausages, among other delicacies. Pork muscles vary in tenderness, fat content and flavour according to their position on the carcass.

*Fat plays 3 roles in ensuring palatability*

## FAT

- Is essential in contributing juiciness to pork.
- Tends to separate muscle fibres, making them easier to chew.
- Carries flavour from the meat to the taste buds.

For all these reasons loss of fat through overcooking is to be avoided.

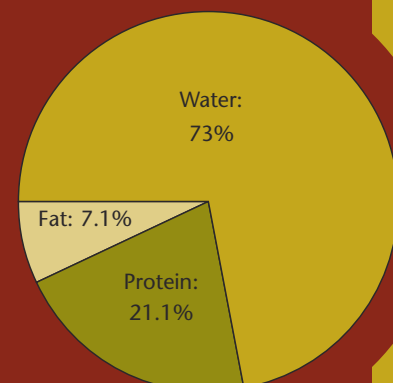
In leaner cuts, especially those of the leg, fat can be added by barding, larding and basting. Fat can also be added by including ingredients with a high fat content, especially cheese, to farces and stuffings.

## COMPOSITION

**Water:** Pork, like other proteins, is about 75 percent water. This fact, combined with the relatively low fat content, explains why overcooking poses such a serious problem with pork. Water and fat are lost during the cooking process. Excess moisture loss will result in undue shrinkage, tough, dry meat, and a consequent loss of profits and customers.

**Protein:** At about 20 percent of tissue, protein is the major solid component. Pork protein tends to toughen significantly when exposed to unduly high cooking temperatures, thus cooking at low to moderate temperatures is generally recommended.

**Fat:** Fat is unevenly distributed throughout the carcass. Leg cuts, on average contain 5.0 percent fat, the loin 6.0 percent, and the shoulder 7.0 percent.



## GRADING

The thrust of contemporary pork production has been to reduce fat content in response to consumer demand and advice from the nutritional community.

Pork is graded at the processors level. The Canadian grading system ultrasonically measures back fat and loin eye thickness seven centimetres off the midline between the third and fourth last ribs. These measurements are used to predict lean-meat yield. Grading indices are also generated, based on a series of grids designed to reflect particular market needs. An index dictates the market value of an animal. For example, a pig indexing at 105 will sell at a 5 per cent premium over the stated market price, while a pig indexing at 98 will sell at a 2 per cent discount.

## STRUCTURE

Meat, or muscle tissue, is composed primarily of muscle fibres and connective tissue. More tender cuts are composed of finer fibres in smaller bundles. Tougher cuts have a coarser appearance. This is readily observable by comparing the appearance of pork tenderloin against that of a leg outside roast.

### Collagen

A thin white indigestible membrane that hold muscle fibres together in bundles. Tendons and cartilage are composed of mostly collagen. Prolonged cooking will convert collagen to gelatin, which, although of negligible nutritional value, gives the velvety mouth-feel characteristic of long-braised dishes.

To counter the toughening effect of collagen:

- Prolonged cooking – usually by moist heat to counteract drying, hardening, and weight loss caused by lengthy dry heat cooking.
- Acid will dissolve collagen; An acid-based marinade containing, for example, lemon or tomato juice, vinegar, wine, or buttermilk.
- Enzymes found in pineapples, papaya, grapefruit and figs tend to dissolve collagen.
- There are commercial tenderizers, usually containing the fruit enzymes mentioned above, which will also dissolve collagen.
- Prolonged marinating with enzymes will degrade meat quality, giving an unpleasantly mushy consistency.

### Elastin

Elastin performs much the same function as collagen, but is not broken down by cooking and has a yellowish colour. Elastin should either be trimmed away, or broken down by grinding (as in ground pork), pounding (as for schnitzels), or slicing thinly across the grain.

## PRIMAL CUTS

After slaughtering, hogs are split down the backbone into halves. Each side of the hog is then further divided into four primal cuts: • **LEG** • **LOIN** • **BELLY** • **SHOULDER**

The shoulder is normally broken into the blade portion (adjacent to the loin) and picnic (lower portion of the foreleg).



# Loin Cuts



The loin runs from the shoulder to the leg. The rib-end adjoins the shoulder, followed by the centre-cut portion; the sirloin abuts the leg. The tenderloin and back ribs complete the loin primal.

Most loin cuts are consumed fresh. Further processed loin products include: Peameal bacon, which is sweet pickled, that is, cured but not smoked or cooked. Canadian Bacon is a fully cooked, cured and smoked boneless loin. Kaessler loin is a fully cooked, cured and smoked bone-in pork loin.

The loin is the most frequently utilized primal at food service. Pork loins are often referred to as “backs” once they are deboned.

The loin produces the choicest wholesale chops and roasts.

Tender and lean throughout, loin cuts have enough intramuscular fat to make it an excellent choice for dry-heat cooking methods.

Chops can be cut from the entire loin, the choicest being the centre-cut chops.

Not all processors sell all cuts as described in this section, but all can be cut from the whole loin without difficulty.

## FULL LOINS

*Full loins can be purchased in a variety of specifications:*

### **FULL LOIN – BONE IN**

7.5 - 9.5kg (16 - 20 lb)

### **FULL LOIN – BONELESS**

also called “end to end”

3.5 - 5.5kg (7 - 12 lb)

*Bones and tenderloin removed*

### **SHORT CUT LOIN – BONELESS**

3.5 - 4kg (6 - 8 lb)

*Sirloin removed*

### **SHORT CUT LOIN – MAIN MUSCLE**

also called “capless”

2.5 - 3kg (5 - 6 lb)





## ROASTS

*The loin can be roasted whole, or broken down into sub-primals, bone-in or boneless:*

- 1 Loin, Sirloin
- 2 Loin, Centre-cut Roast
- 3 Rib-end Roast, Frenched rack
- 4 Rib-end Roast, Boneless

All these cuts are lean and tender. Centre-cuts are the leanest, followed by sirloin; rib end has the highest fat content of the three.



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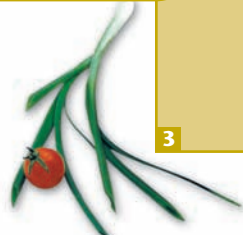
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3



4



## CHOPS AND STEAKS

*Pork chops are most commonly sold as either “end-to-end” or as “centre-cut” in varying thicknesses:*

- Rib-end chops have a higher fat content, and so combine the tenderness and quality of centre-cut chops, and are highly prized among chefs
- Centre-cut chops have the lowest fat content and command the highest prices of all loin chops
- Sirloin chops have the same low-fat content of centre-cut chops, but are fractionally less tender.

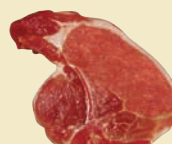
Loosely speaking, the terms “Steak” and “Chop” denote boneless and bone-in respectively. Although all cut from the same loin primal, characteristics vary from one end to the other.

For cooking quality and presentation, thicker (one inch and up) chops are recommended for food service unless cooked à la minute. Thicker chops are not as prone to drying out as “quick-fry” chops. A stuffed chop is made by cutting a small aperture in the surface fat and, working with a sharp, thin blade, making an internal cut to make a pocket into which stuffing can be piped or pushed. The small aperture closes on cooking.

A “frenched” double loin chop lends itself to elegant presentation. Butterflied steaks are made by cutting through the fat surface of the chop to within  $\frac{1}{2}$  inch of the rib bone side and opening out.



RIB-END CHOPS



CENTRE-CUT CHOPS



SIRLOIN CHOPS



## TENDERLOIN

The most tender, and most expensive, pork cut. Located on the inside of the back ribs against the vertebral column on the sirloin (end) of the loin.

*Very versatile, lending itself to a wide range of uses.*

The tenderloin can be cut into medallions and sautéed, roasted or barbecued whole, stuffed, or cut into strips and stir-fried.

Weight: 12 to 14oz (350-400g)

## SIRLOIN

Too asymmetrical to be used as a roast, this cut is perfect for kebabs, stir-fries, schnitzels, and satays at a very reasonable cost.



## preparation & cooking

Loin cuts are the most tender of all pork primals. Dry-heat cooking methods are recommended – roasting, grilling, broiling, or pan-frying.

Owing to the low fat content care must be taken not to overcook these cuts. The “Low and Slow” method is the rule here. Cook all loin cuts at about 325°F (160°C). Tenderloin is an exception; it can be roasted at higher temperatures, but extra care and attention is needed to avoid overcooking and subsequent drying out.

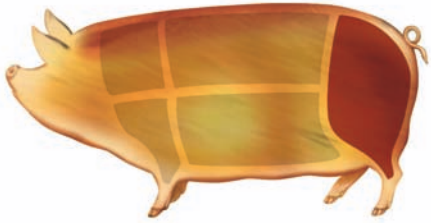
Roasts should be cooked to “just done”; bear in mind that internal temperatures will continue to rise after removal from oven. Loin roasts are ready when 160°F (68°C) is reached. Then leave roast to rest for 10 minutes to allow temperature to stabilize and for juices to settle.

## BACK RIBS

Although part of the loin primal, for the purposes of this manual, ribs are treated as a separate, self-contained, category.



# Leg Cuts



## ROASTS

### **WHOLE ROAST** (Bone in, skin on)

A spectacular buffet attraction. Allow at least six hours in a slow oven.

### **WHOLE ROAST** (Boneless)

Ideally suited to roasting for a buffet; easy to carve and serve, lean and tender.

*The boneless leg is divided into three sub-primals:*

### **INSIDE ROUND** (Boneless)

The most tender of leg cuts.

### **OUTSIDE ROUND** (Boneless)

Contains the eye-of round.

### **LEG TIP**

(also known as the knuckle)

These are all versatile cuts, suitable for medium-sized roasts, scaloppini, satays, and cubes.

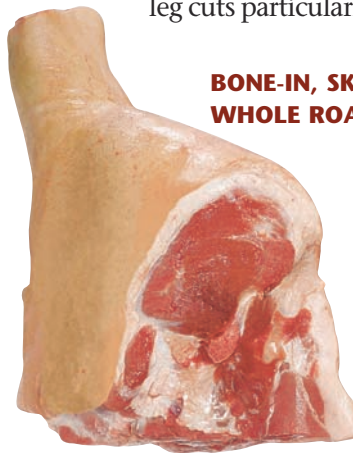
The leg primal is the hog's hind leg. A large cut, it accounts for approximately 24% of the carcass weight. The bone-in leg contains the aitch (pelvic) bone, leg and hind shank bones. The leg, or "ham," contains large muscles with a relatively small amount of fat and connective tissue.

The leg primal can be merchandised whole or broken down into three major sub-primals – inside and outside roasts, and leg tip. The inside round being the most tender. The eye-of-round, which resembles the tenderloin in shape and size, but not tenderness, is part of the outside round.

Leg cuts are lean; an inside roast has only 3.3% fat. There is little waste other than the bones, and leg cuts are an economical choice.

The majority of hams (as the raw leg primal is termed in meat processing terminology) are sent for further processing; curing and smoking, to become smoked hams or Prosciutto, for example.

Leg cuts present perhaps the greatest challenge, and opportunity, to food service operators. There is considerable potential to make low-fat and low-cost menu items from the leg: roasts, scaloppini and kebabs, for example. These low-fat, low-cost qualities make leg cuts particularly attractive for use in health care institutions.



**BONE-IN, SKIN-ON  
WHOLE ROAST**



**BONELESS WHOLE ROAST**



**INSIDE ROAST**



**OUTSIDE ROAST**



**LEG TIP**



**INSIDE ROUND,  
LEG STEAK****SCHNITZEL****CUBES****SATAY AND STRIPS****DELICATED CUTLET****OTHER CUTS****LEG STEAK**

Ideal for braising.

**SCHNITZEL**

Use inside and outside rounds. Carefully observe the direction of the grain, and cut across as far as possible. A 4oz (125g) piece will give a portion approximately 3" by 6" when pounded out to a thickness of  $\frac{1}{8}$ " ( $\frac{1}{4}$  cm.).

**CUBES**

Can be cut from any portion of the leg. Suitable for moist cooking methods.

**SATAY AND STRIPS**

Suitable for grilling or baking if tenderized.

**DELICATED CUTLET**

Use as for any pork steak: grilled or pan-fried. Excellent for breading.

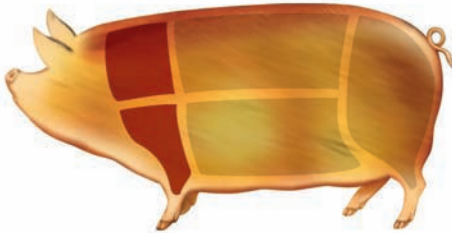
**preparation & cooking**

Leg cuts can be cooked by dry heat methods, particularly the inside round, however braising or other moist heat methods will produce a very tender steak or roast, with excellent taste characteristics. Even in sub-primals the meat grain tends to go in unpredictable directions. For this reason when slicing, it is recommended to carve thinly.

Leg cuts are less tender than loin cuts, and have a low fat content. To overcome these factors slow, long cooking is essential. Cooking to an internal temperature of 160° F (68°C) is recommended, allowing 5 to 10 minutes resting period. Brining, marinating, delicating, and "velveting" (see glossary) are other options to achieve maximum tenderness.



# Shoulder Cuts



## ROASTS

### BLADE ROAST

(Bone in and Boneless)

### PICNIC ROAST

(Bone in and Boneless)

### CAPICOLA ROAST

The capicola, although rarely seen in food service, is a superlative cut. Taken from the boneless butt (blade), it is the continuation of the loin muscle, with the blade bone and two superior muscles removed. Leaner, and uniform in shape, it makes a superlative, low-cost roast, or can be cut into steaks.

Most shoulder cuts are used for further processing – primarily for sausages. But shoulder cuts represent a significant opportunity for the informed chef. Shoulder meat is highly flavoured and succulent, full of the mild sweetness associated with pork.

Higher in fat than other pork primals, shoulder cuts are ideally suited to a long, slow cooking process. Indirect barbecuing, with or without smoke, is another suitable method.

The shoulder primal is cut into halves: the blade portion, which is the half next to the loin, and the picnic, which is the half nearest the foot.



**SHOULDER BLADE**



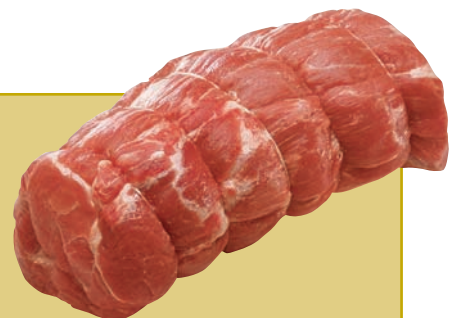
**SHOULDER PICNIC**



**BLADE ROAST**



**PICNIC ROAST**



**CAPICOLA ROAST**

**BLADE CHOP****CAPICOLA STEAK****BLADE STEAK****STEAKS AND CHOPS**

- **SHOULDER BLADE CHOP**
- **SHOULDER BLADE STEAK** (Boneless)
- **SHOULDER BLADE CAPICOLA STEAK** (Boneless)

## preparation & cooking

**ROASTS**

Cooking methods do not differ sufficiently to give separate instructions for each cut.

Pork shoulder roasts have a relatively large proportion of fat. The fat acts as a natural internal baster. For this to occur, shoulder cuts should be cooked slowly to allow for the fat to melt. Moist heat methods are preferable, but dry heat roasting will also provide good results.

Shoulder butt (blade) can also be slowly roasted, with the addition of smoke, to produce “pulled pork”. Shoulder butt (blade) chops: moist heat, or dry heat if marinated.

**STEAKS**

Steaks cut from the blade section (Shoulder Blade Chops) or the Capicola can be braised. For dry heat methods they should be tenderized prior to cooking.

**PORK CRACKLING**

Shoulder and leg roasts can be purchased with the skin on. “Crackling” results from scoring the skin, rubbing with oil and a little salt. Once the roast is cooked, remove skin and cook at a high temperature for the final 20 minutes, or remove skin after roasting, and place under a pre-heated broiler until skin puffs and becomes crisp.





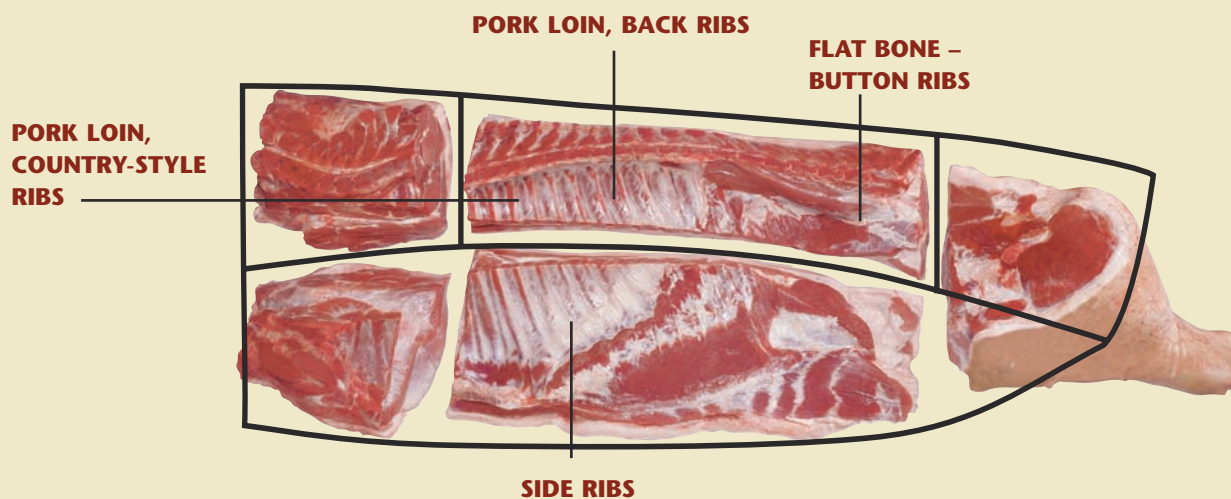


# Ribs

Ribs are perennial favourites that personify summer and recall warmer days in winter. Very popular at food-service, ribs are easy to prepare and guaranteed crowd pleasers.

Strictly speaking, back ribs form part of the loin primal, and side ribs part of the belly primal. For the purposes of this manual, ribs are given a section of their own, and not described as part of the primal to which they belong anatomically.

## WHERE RIBS COME FROM



## BACK RIBS

### 1.5 – 2 LB / 0.7 – 0.9 KG TRIMMED

Back ribs come from the rib-end and centre section of the loin primal. Number of ribs is variable, but generally there are twelve or thirteen.

More tender than side ribs, with a greater meat to bone ratio, back ribs subsequently demand a greater price than side ribs.

The depth of lean meat on the convex surface (adjacent to where the loin meat would be) can vary from zero to about one centimetre ( $\frac{1}{2}$ "). Ribs, back and side, that have had the meat completely removed ("shiners"), are not desirable; the bones tend to fall out during the cooking process.

Owing to their popularity, demand often exceeds supply; imported ribs are used to make up the shortfall.

### BUTTON BONES

Back ribs may have a tail section attached, but is usually removed and sold separately as "Button Bones". Small, flat, and circular, with varying amounts of meat, button bones can be grilled from raw, but otherwise prepare as for back ribs.

### "BABY" BACK RIBS

This term once referred to back rib racks 1.75 lb (0.8 kg) or lighter. It is now a meaningless term – they are in no way different from regular back ribs.



## SIDE RIBS

### 1.75 – 2.5 LB / 0.8 – 1.2 KG TRIMMED

Side ribs lie directly adjacent to the belly, running from the point at which back ribs end to the breast bone (sternum). Side ribs contain at least eleven ribs. Bones are less curved, thicker, and less rounded than those from back ribs.

Less tender, and less expensive than back ribs, side ribs never-the-less make for great eating if correctly prepared.

The breast bone is usually removed before packing, and should always be removed for service. If not removed, this should be reflected by a lower price. Flank meat, the soft part of the belly opposite the rib-bones (containing mostly cartilage), should be trimmed off and put to another use as it can be tough when cooked.







## SIDE RIBS

**ST. LOUIS RIBS** Sometimes referred to as “Four by Fours”, St. Louis ribs are side ribs with the breast bone and flap removed. They are then “squared up” by cutting away the soft flank portion. As St. Louis Ribs comprise 12 ribs they are perfect for half rack portions.

**RIB TIPS** Rib Tips are the small, meaty pieces cut from side ribs near the sternum, in the fabrication of St. Louis ribs. Widely used in Chinese cuisine.

**SWEET AND SOUR RIBS** Approximately 2 inches (6 cm) is cut lengthwise from the side rib rack nearest to the back rib portion. Prepare as for side ribs. Perfect for hors d’oeuvres and finger food.

**SPARE RIBS** U.S. nomenclature for side ribs.

**COUNTRY STYLE RIBS** Not usually found in food service, Country Style Ribs are the same cut as the Rib-end Roast, Bone-in, except that a longitudinal cut is made through the rib portion to within about ½ inch (1 cm) of the distal surface, and butterflied open. Can be roasted or braised as for a rib-end roast, or cut into fingers for grilling.

## preparation & cooking

*Serving: Allow 1 lb (500g) per person*

### SIDE AND BACK RIBS

Back Ribs can be grilled from raw, but over a very low heat. Prolonged, combined cooking and smoking (hot smoking) should be done at 200-250°F (95-120°C). This is the traditional method of barbecuing in the Southern United States.

Side ribs need to be pre-cooked before grilling. Slow cooking in a combi oven is another recommended technique.

Using a conventional oven:

- Both back and side ribs have a thin, translucent, skin (peritoneum) on the concave (non-meaty side) of ribs. It is impervious to any seasoning, and is quite tough. To remove, lift a small corner with a sharp knife, and, using a cloth or paper towel, gently peel away.
- Season ribs. Place in a roasting pan with half inch liquid. Liquid can be flavoured (stock or with added aromatics), or sliced citrus fruit can be added to liquid.
- Cover roasting pan with foil.
- Bake in oven at 325° (160°C) for about one hour, or until tender, and meat begins to recede from the bones and is easily pierced with a knife.
- At this stage ribs can be drained, cooled, and refrigerated for up to three days.
- Ribs are now ready to be grilled. If applying a sugar-based sauce, grill over low heat to avoid burning.





## Specialty Cuts

### GROUND PORK

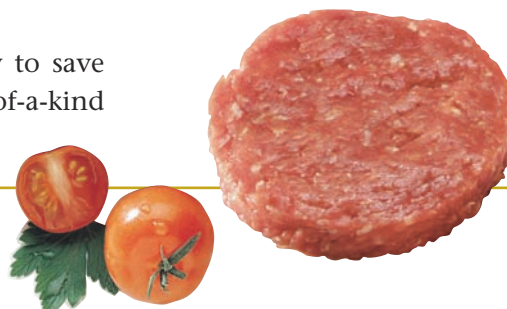
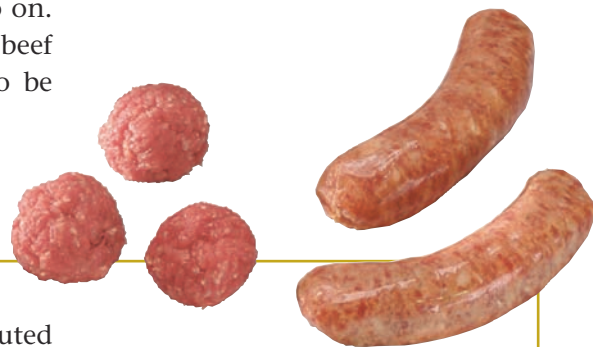
Usually ground from trim or boneless pork shoulder. Fat content is less than 15% for lean. Lean ground pork is recommended for use in all applications.

Traditionally used in food service for pâtés, sausages, and stuffing, lean ground pork makes excellent burgers, lasagna, chili, and so on. Ground pork can also be used in any recipe calling for ground beef such as chili or meatballs, for example. Ground pork can also be made in-house using shoulder cuts.

### cooking information

As for any ground meat, ground pork has to be cooked thoroughly. Ground pork is extremely versatile; it can be substituted for almost any other ground meat, particularly beef, without otherwise modifying the recipe.

Most ground pork is processed into sausages. It is easy to save money and create signature flavour profiles by making one-of-a-kind gourmet sausages in-house.



## SAUSAGE CASING

Natural pork sausage casing is made from the pig's small intestine.

There are other types of casing: collagen and artificial, but nothing compares to natural pork casing. Natural pork casing:

- Permits deep smoke penetration
- Has excellent characteristics of elasticity and tensile strength.
- Protects the flavour of the sausage without contributing conflicting flavour of its own.
- Lends a crisp bite characteristic
- Is attractive to customers through the positive consumer perception of the descriptor "natural"
- Has osmotic qualities that allow for an intermingling of exterior flavours and the flavour inside the sausage.



## ITALIAN SAUSAGE

Use 35-38 mm casing for:

10 lb/4.5 kg ground pork

3 tbsp/45 mL salt

2 ½ tsp/12 mL pepper

2 ½ tsp/12 mL granulated garlic

1 cup/250 mL ice water or other liquid

All ingredients, and utensils should be chilled.

Grind pork through ¼" or ⅜" grinder plate. Often it is ground twice. Place into mixer or mixing bowl with all other ingredients.

If mixing manually, use fingers only, keeping fingers open. Do not squeeze mixture.

Stuff into 35-38 mm natural hog casing.

## sausage manufacturing & sanitation

- Always use properly inspected meat only.
- Make sure there are no bone chips, cartilage, glands or foreign materials contained in the product.
- Processors preserve casings in salt, which has to be removed before use. First rinse inside and out with cold water, then soak in 85-90°F (30-32°C) water for at least 30 minutes prior to use.
- Carefully check the recipe and measure ingredients to maintain a consistent product. If using a pre-made spice mix, be sure to follow instructions on the package carefully.
- If using trim or off-cuts, ensure they are fresh.
- Keep all product containers, tools, and work surfaces clean and sanitized.
- Be sure to clean and sanitize the grinder and stuffer before and after use.
- Use proper storage procedures. Don't keep meat out of refrigerator any longer than is absolutely necessary.
- Keep the lean to fat ratio consistent. (75:25)
- Drain and re-salt unused casing. Store casings in a covered container in the cooler.



## PORK CASING BUNDLES

Diameter Range	Approximate Capacity	Typical Use
30 - 32 mm	41 kg/or less	Pork Sausage
32 - 35 mm	41 - 45 kg	Frankfurters, Italian Sausage
35 - 38 mm	48 - 52 kg	Pork Sausage, Bratwurst, Frankfurters, Italian Sausage
38 - 42 mm	52 - 57 kg	Smoked Sausage, Pepperoni, Bratwurst, Italian Sausage
42 - 44 mm	57 - 61 kg	Smoked Sausage, Kielbasa, Pepperoni, Rope Sausage
44 mm/up	59 - 64 kg	Smoked Sausage, Kielbasa, Pepperoni



## cooking Information

Fresh hocks have a high connective tissue content which makes them ideal for braising. They can be braised whole, or sliced cross-wise, as for Osso Bucco. Ham (smoked) hocks may have a high salt content, depending on the processor, in which case they should be soaked in cold water before use.

To prepare, simmer in water with aromatics (bay leaves, peppercorns, celery, onion, carrots) until the “spoon” bone loosens, 2-3 hours. Drain, reserving liquid for soup or stock. Remove skin and fat.

*Uses: Served as a main course with lentils, in a soup with vegetables or legumes (Canadian Pea Soup), or to make Jambon Persillé.*

## PORK HOCK

Hocks are most commonly smoked (ham hocks), but fresh hocks are also available. Fresh hocks are normally from the front leg, smoked ham hocks from the hind leg.

Weights are highly variable, dependent on the cutting practices of individual processors.



## cooking Information

Fresh: usually prepared initially by a long simmer in an acidulated court bouillon for two and a half to four hours. In most cases they are then boned. After cooking and boning they can be prepared in a variety of ways: à la Sainte-Menehould (Simmered, breaded, with a mustard sauce), barbecued, pickled, as part of head cheese, or served cold with a vinaigrette. Pickled feet are first simmered, then briefly cooked in vinegar and spice, and served cold.

## PIG'S FEET

Available fresh, pickled, or smoked. The front feet have little gastronomic value, except to add gelatin to soups, sauces and stocks. The front feet have the most meat and are more suitable for cooking.



## cooking Information

Much appreciated by the Caribbean and Mennonite communities, fresh tails are best suited to long roasting and barbecuing. The long cooking process helps to diminish their significant fat content. Tails benefit from a preliminary parboiling in salted water. Roast tails on a rack for 2-3 hours, or until tender and most of the fat has been cooked off, or simmer in acidulated water until tender. At this stage tails can be barbecued or roasted to finish.

Pig's tails, fresh, pickled and smoked, often figure as an ingredient in numerous ethnic recipes, for example in the Brazilian dish Feijoada.

## PORK TAILS

Available fresh, pickled, or smoked.



## uses

Barding or larding cuts with a low fat content, especially tenderloins and loins. It is also used as a wrapping or covering for terrines of all sorts.

It is valuable as an ingredient in sausages, haggis, and any other item that needs extra fat. It is used in the preparation of a wide variety of other charcuterie items.

The addition of back fat, either chopped, ground, or sliced into sheets, will add succulence and a mild flavour. Slab back fat is easily sliced on a gravity slicer.



## BACK FAT

As the term implies, back fat comes from the covering of fat between the skin and the loin. It is about one inch (2.5 cm) thick. Because of the reduction in fat content in modern hogs, this covering is not as thick as was once available.

Back fat can be purchased skin on or skinless, slab or sliced.



**CAUL FAT**

The lacy membrane surrounding the organs of the abdominal cavity.

Available fresh or frozen.

Highly perishable; buy in small quantities, or portion and freeze on delivery.

**cooking Information**

Caul fat is very fragile; soak in cold water to separate sheets without tearing.

Used to wrap items during cooking to flavour and to maintain moisture and shape, caul fat will melt almost completely on cooking, basting the item in the process.

Use for wrapping terrines, galantines, chicken, game, fish and seafood.

**SUCKLING PIGS, BBQ HOGS**

Barbecue hogs are purchased eviscerated, with heel, feet, and tail attached.

Weight: between 10 lb (suckling) and 120 lb. All hogs must be stamped with proof of government inspection.

**cooking Information**

Whole hogs can be roasted, barbecued, or rotisserie'd, depending on their size. Allow AT LEAST one pound of pork per person (a 25 lb pig would serve a maximum of 25 customers)

Order whole pigs and any required equipment well in advance. A 24 inch barbecue will hold a 15 lb pig; a 30 inch unit will hold up to 25 lb. A larger animal will require specialized equipment.

**TO PREPARE A PIG FOR COOKING:**

Wash pig thoroughly inside and out with cold running water. Dry completely. Rub body cavity with salt, pepper, and seasoning of choice. If using, fill cavity with stuffing and sew up.

Tie front legs securely so that feet are forward, near corner of mouth. Tie hind legs securely close to the side of the pig, so that the hind feet nearly touch the fore-legs. Prop pig's mouth open with a small block of wood or crumpled aluminum foil the size of an apple if necessary for presentation. Cover ears and tail with foil.

Pig can be split down the middle; this will accelerate cooking time, but not give as spectacular a presentation.

Cooking should take between 15 to 20 minutes per pound at 325°F. Loin meat, if the hog is not stuffed, will cook fastest, and the shoulder will take the longest.

**BELLY**

The pork belly, which comprises the belly meat and side ribs, is a primal cut. Side ribs are described in the "Rib" section.

Better known in its smoked state as bacon, raw belly is highly appreciated in Asian, and other cuisines. Situated directly adjacent to the side ribs, belly can be purchased either as a full side, or a centre-cut portion, ribs-in or boneless, skin on or off.

