



**RENEGADE
GOURMET**

COOKING

&

**KITCHEN
TIPS**

MORE PORK COOKING TIPS

- **Do not overcook pork or it will become dry and tough. The threat of trichinosis is eliminated when the pork is heated to 137°F but the USDA recommends cooking pork to 160°F to be safe. Cooking to 160°F will result in clear or slightly pink tinted juices and provides meat that is juicy and tender.**
- **When browning pork, drying the cut off with a paper towel before adding to the heat source will result in more even browning.**
- **When frying or sautéing, do not place a cover over the pan. This will lock in moisture and cause the meat to braise or steam.**
- **Lightly coat pork with vegetable oil to keep it from drying out during cooking.**
- **Before roasting pork, sear all sides to create a flavorful crust on the surface of the meat.**
- **Do not overcrowd pork cuts when cooking. Leaving space between them will allow them to brown and cook more evenly.**
- **If using a marinade for basting, set some aside before placing raw pork in it to marinate. Never reuse marinade that the meat was marinated in.**
- **Poach uncooked sausages for a few minutes before frying, broiling or grilling. Sausage casings should not be pierced before cooking. Piercing will cause the juices to be released and sausages will become dry.**
- **Do not partially cook pork and then store in refrigerator to use later. It must be cooked until done. It can be partially cooked or browned using one method, such as microwaving or searing, and then immediately cooked until done using a different method, such as roasting, frying, grilling or broiling.**

