

CODLO'S SOUS-VIDE *Guide* TO PORK

ALL ABOUT PORK CUTS...

The back section along both sides of the backbone. Includes the tenderloin, the leanest and most tender cut. Also provides the back ribs.

t Tenderloin / Fillet

T Boneless Roasts or Joints

t Chops and Steak

T Baby Back Ribs

t = Thin Cuts 1.0 - 1.5 inches

T = Thick Cuts up to 2.5 inches

A tougher cut, cooking low and slow makes the meat more tender.

t Leg Cutlet

T Leg Joints

A very versatile cut. The pork shoulder provides the highest level of marbling, perfect for roasting or braising.

T Shoulder Joint

t Shoulder Steak

Belly pork is wonderfully rich - and value for money! Cooking low and slow reduces the fat and results in luscious and succulent indulgence.

T Spare Ribs

T Belly Joint

GIVE A FORK ABOUT YOUR PORK

- There are about a **billion** pigs in the world at any one time.
- Pork tenderloin cuts are **almost as lean as skinless chicken breast**.
- Weight-wise, pork is by far the **most widely consumed** meat, with about 100 tonnes eaten annually.

t Cooking *Thin* Cuts of Pork


PINK & MOIST


 56-58°C
133-136°F


 1.5-2.0 hours

 2.5 hours

TRADITIONAL STYLE


 60°C
140°F


 1.5-2.0 hours


 2.5 hours

T Cooking *Thick* Cuts of Pork


SOFT & MOIST


 60-65°C
140-149°F


 24-48 hours


 4 hours

TRADITIONAL STYLE

 75°C
167°F

 8-12 hours

 2.5 hours


Temperature


Timing


Time to
pasteurize