

# 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** = Thin Cuts 1.0 - 1.5 inches

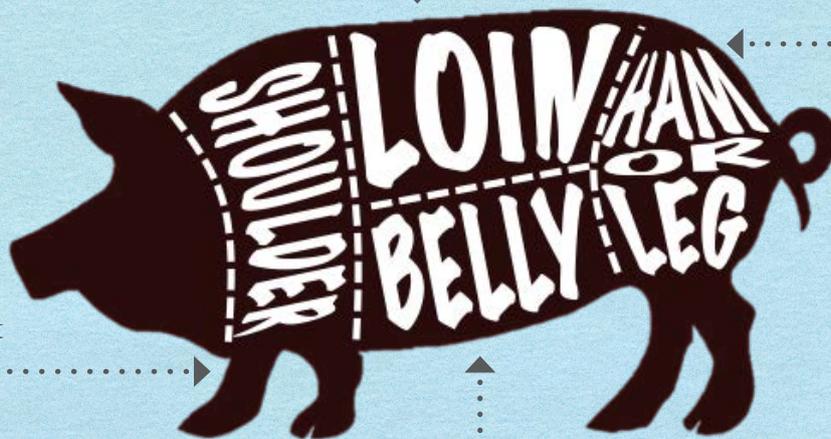
**T** = Thick Cuts up to 2.5 inches

- t** Tenderloin / Fillet      **T** Boneless Roasts or Joints
- t** Chops and Steak      **T** Baby Back Ribs

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

- t** Leg Cutlet
- T** Leg Joints

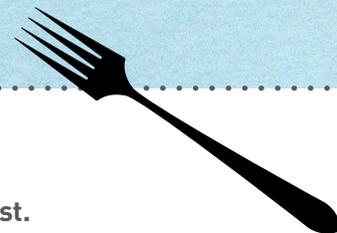
A very versatile cut. The pork shoulder provides the highest level of marbling, perfect for roasting or braising.



- 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*

#### **T** *Cooking Thick 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

**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