

# Pork Safety

## Can people catch swine flu from eating pork?

No. Swine influenza viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

Source: The CDC at [www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

## FRESH PORK: Safe Cooking Chart

Internal temperature of safely cooked pork should reach 160 °F when measured with a meat thermometer.

Cut	Thickness/Weight	Cooking Time
<b>ROASTING: Set oven at 350 °F. Roast in a shallow pan, uncovered. Internal temperature: 160°.</b>		
Loin Roast, Bone-in or Boneless	2 to 5 pounds	20-30 minutes per pound
Crown Roast	4 to 6 pounds	20-30 minutes per pound
Leg, (Fresh Ham) Whole, Bone-in	12 to 16 pounds	22-26 minutes per pound
Leg, (Fresh Ham) Half, Bone-in	5 to 8 pounds	35-40 minutes per pound
Boston Butt	3 to 6 pounds	45 minutes per pound
Tenderloin (Roast at 425-450 °F)	1/2 to 1 1/2 pounds	20 to 30 minutes total
Ribs (Back, Country-style or Spareribs)	2 to 4 pounds	1 1/2 to 2 hours (or until fork tender)

## BROILING 4 inches from heat or GRILLING

Loin Chops, Bone-in or Boneless	3/4-inch or 1 1/2 inches	6-8 minutes or 12-16 minutes
Tenderloin	1/2 to 1 1/2 pounds	15 to 25 minutes
Ribs (indirect heat), all types	2 to 4 pounds	1 1/2 to 2 hours
Ground Pork Patties (direct heat)	1/2 inch	8 to 10 minutes

## IN SKILLET ON STOVE

Loin Chops or Cutlets	1/4-inch or 3/4-inch	3-4 minutes or 7-8 minutes
Tenderloin Medallions	1/4 to 1/2-inch	4 to 8 minutes
Ground Pork Patties	1/2 inch	8 to 10 minutes

## BRAISING: Cover and simmer with a liquid.

Chops, Cutlets, Cubes, Medallions	1/4 to 1-inch	10 to 25 minutes
Boston Butt, Boneless	3 to 6 pounds	2 to 2 1/2 hours
Ribs, all types	2 to 4 pounds	1 1/2 to 2 hours

## STEWING: Cover pan; simmer, covered with liquid.

Ribs, all types	2 to 4 pounds	2 to 2 1/2 hours, or until tender
Cubes	1-inch	45 to 60 minutes

NOTE: Cooking times compiled from various resources.

Source: The FDA at [www.fsis.usda.gov/FactSheets/Pork\\_From\\_Farm\\_to\\_Table/index.asp](http://www.fsis.usda.gov/FactSheets/Pork_From_Farm_to_Table/index.asp)

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