

## Tips for Cooking Pastured Pork.

**NOTE:** The new USDA guideline recommends cooking pork to 145 degrees maximum, same as beef or bison. Particularly important for pork steaks and chops. That is a big change from what your mother told you.

- Most meats are ideal at rare to medium-rare temperatures, including pork. Meat is likely to be tougher and less flavorful when cooked past medium rare, (145 degrees). . If you prefer meat well done, cook at a low temperature in a sauce to add moisture. A slow cooker is ideal.
- Never use a microwave to thaw meat. Either thaw in the refrigerator or, for quick thawing, place the sealed package in cold water for a few minutes. Let it sit at room temperature for no more than 30 minutes. Don't cook it cold straight from the refrigerator.
- Always pre-heat the oven, pan, or grill before cooking pastured pork.
- Grassfed meat cooks 30 to 50 percent faster than grain fed meat. Use a thermometer to test for doneness and watch the temperature carefully. You can go from perfectly cooked to overdone in less than a minute. The meat will continue to cook after you remove it from the heat, so when it reaches a temperature ten degrees LOWER than the desired temperature, it's done. Do not cook past 145 degrees. The new USDA guideline recommends cooking pork to 145 degrees maximum.
- Let the meat rest, covered, on a warm plate for eight to ten minutes after removing from heat to let the juices redistribute.
- When grilling, quickly sear the meat over high heat on each side and then reduce the heat to medium or low to finish. Baste to add moisture.
- Never use a fork to turn the meat. Always use tongs.
- When roasting, sear the meat first to lock in the juices and then place in a pre-heated oven. Reduce the roasting temperature by 50 degrees F.