



Canadian Pork Thrill of the Grill

Canadian Pork Grilling Guide

Grilling is a great option for Canadian pork. A wide range of cuts are available, perfect for the grill, that offer a delicious eating experience. These versatile Canadian pork cuts can be customized and enhanced with seasoning and marinades, then grilled using the proper techniques to create a mouthwatering, smoky flavour and tender, juicy texture.

Cooking Methods  Barbecue  Grill  Broil



Pork Rib Chop

The prime rib cut. Well-marbled for tender and juicy results.



Pork Rib Chop, Boneless

Boneless prime rib cut has all the flavour without the bone.



Pork Rib Eye Steak, Boneless

The pork rib eye. Full flavoured petite grilling steak.



Pork Shoulder Blade Steak

The bone-in butt steak is a favourite choice for the grill, offering a larger portion size with firm-textured meat and intense flavour. Perfect for larger appetites or sharing.



Pork Loin Centre Chop

The pork t-bone or porterhouse cut. Traditional favourite for large grilling steak.



Pork Loin Centre Chop, Boneless

The pork New York is a firm-textured, milder flavoured steak.



Pork Sirloin Chop, Boneless

The pork top sirloin is a firm-textured, leaner choice with intense flavour. Perfect for picanha-style grilling.



Pork Belly, Side Pork Steak

Pork belly grilling steaks offer amazing flavours.



Pork Rib End, Boneless, Country Style

Pork prime rib slices are perfect for Churrasco-style skewers.



Pork Shoulder Blade Capicola

The capicola steak has a firm texture and is well marbled with outstanding flavour and juiciness.



Pork Shoulder Picnic, Cushion Steak, Boneless

The boneless cross rib steak cut from the clod heart of pork. Well marbled for intense flavour and juiciness.



Pork Italian-Style Sausage

Fresh artisan-style pork sausage specialties in natural casing. Links or wheels are perfect for the grill.



Pork Dinner-Style Sausage

Handcrafted dinner sausages are available in many flavour profiles, perfect for the grill.



Extra Lean Ground Pork Patty

The original "ham-burger" is an excellent grilling choice and can be blended with a variety of herbs and spices to deliver amazing flavour from the grill.

Perfectly Grilled Pork

Grill over direct medium heat, unless otherwise noted. Turn halfway through cooking. Ground pork and pork sausages should be cooked to an internal temperature of 160°F/71°C.

Cuts	Size	Cook Temp	Time
Chops & Steaks	3/4" – 1" thick / 20 – 25 mm	Med	11 – 12 min
Boneless Country-Style Ribs	2 – 3 lb / 900g – 1.4 kg	Med	25 – 30 min
Whole Tenderloin	1.5 – 2 Lb / 680 g – 900 g	Med	25 – 30 min
Pork Burger	1/2"/13 mm	Med	8 – 12 min
Pork Sausage	100 g each	Low	20 – 22 min

For perfectly cooked, juicy pork every time use a meat thermometer. Insert it into the thickest part of the meat then remove from heat when the meat reaches an internal temperature of 155°F (68°C). Let it rest for 3 to 5 minutes until the temperature rises to 160°F (71°C). It's the best way to guarantee delicious results.



Perfectly Barbecued Pork Ribs

Barbecue over indirect medium heat (about 325°F/160°C). Remove from heat when it reaches an internal temperature of 155°F/68°C, then rest 3 to 5 minutes until the temperature reaches 160°F/71°C.

Cuts	Size	Cook Temp	Time
Back Ribs	1.5 lb/680 g	Med (indirect)	1.5 – 2 hrs
Side Ribs (St. Louis Style)	3 lb/1.4 kg	Med (indirect)	1.5 – 2 hrs
Bone-in Country-Style Ribs	3 – 4 lb / 1.4 kg – 1.8 kg	Med (indirect)	45 min – 1 hr



Perfectly Smoked Pork

Pork should be smoked low and slow over indirect heat using smoking wood to achieve a rich, smoky flavour. Maintain a consistent smoker temperature of 225°F (107°C). Follow the chart below for the correct cooking and doneness temperatures. Let the smoked pork rest before slicing, or making pulled pork, to lock in juices and enhance tenderness.

Cuts	Suggested Size	Approximate Time	End Internal Temp
Back Ribs	2.2 lb/1 kg	3 – 4 hours	190°F/88°C*
Side Ribs	4 lb/1.8 kg	3 – 4 hours	190°F/88°C*
Shoulder Butt or Picnic (Bone-in or Boneless)	3 lb/1.4 kg	1.5 hours per lb	190°F/88°C*
Belly Rind On or Off	3 lb/1.4 kg	1 hours per lb	155°F/68°C**
Bone-in or Boneless Roast	3 lb/1.4 kg	0.50 hours per lb	155°F/68°C**
Loin Chops and Steaks (Bone-in or Boneless)	3/4" – 1.0"	1 – 1.5 hours	155°F/68°C**
Leg (Bone-in or Boneless)	18 lb/8.2 kg	1.5 hours per lb	155°F/68°C**
Tenderloin	1 lb/.5 kg	1.5 – 2.5 hours	155°F/68°C**
Meatloaf	2.2 lb/1 kg	0.50 hours per lb	160°F/71°C
Sausage	3.5 oz/100 g	1 – 2 hours	160°F/71°C

*Rest to 205°F/96°C ** Rest to 160°F/71°C

Tip: For pulled pork, the meat is done when it feels tender and a probe or skewer slides in with little resistance. Ribs are ready when the meat pulls back from the bones and bends easily without breaking.

DON'T OWN A SMOKER? TURN YOUR BARBECUE INTO ONE:

1. Soak desired flavour wood chips in cold, clean water for 20-30 min. Drain well.
2. Wrap wood chips in aluminum foil and punch several holes on the top side.
3. Light burner on one side of grill only and place wood chip bundle directly on this burner.
4. Place your pork on the opposite side of the grill.
5. Close lid, smoke for specified time at a constant temperature and replace wood chip bundle if smoker stops.
6. If your barbecue doesn't have a temperature gauge, use an oven-proof thermometer to maintain temperature.

FOR BEST RESULTS SEASON WITH HERBS, SPICES OR RUBS BEFORE SMOKING.



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