Pig’s Ears

Cut

Cooking Techniques

Cut Origin

Specification

AVERAGE WEIGHT
200g

APPROXIMATE YIELD
Not applicable

DESCRIPTION
Pig’s ears are made up primarily of cartilage and skin.

PREPARATIONS
All hair and any ragged skin edges are to be removed. May be produced as a full ear (pic 1) OR just the ear lobes (pic 2).

USES
Can be braised or boiled then cut into thin strips and deep fried or oven crisped. Ideal as a garnish to give texture.
Pork Shoulder

Cutting Techniques

Cut Origin

Specification

**Cut**

**AVERAGE WEIGHT**
Bone in: 12.4 kg. Boneless and skinless: 7.5 kg.

**APPROXIMATE YIELD**
Depends on size of pig

**DESCRIPTION**
This cut is removed from the side by a straight cut between 5th & 6th rib. The muscles have an open texture with a reasonable amount of intermuscular fat.

**PREPARATIONS**
The whole cut can be supplied skin on or off / fat on or off and may also be produced with the rib bones still attached. After the shoulder has been boned, this muscle group can easily be separated via a natural seam.

**USES**
a flavoursome cut which remains succulent during cooking, ideal for curing and slow roasting, shoulder roasts, braising steak meat, casserole and sausage.
Pig’s Trotters

Cut Origin

Cut

Cooking Techniques

- Boil
- Stew

Specification

AVERAGE WEIGHT
200-300g each

APPROXIMATE YIELD
N/A

DESCRIPTION
Pigs feet from the front or hind legs, removed at the natural joints.

PREPARATIONS
May be prepared whole or split centrally. All hairs and loose skin edges to be removed. Toe nails to be removed.

USES
Ideal for cooking slowly to produce a gelatinous stock.
Osso Bucco

**Cooking Techniques**

- **Oven**
- **Boil**
- **Stew**

**Cut**

**Specification**

**AVERAGE WEIGHT**
Depends on size of carcase and thickness.

**APPROXIMATE YIELD**
Depends on size of carcase and thickness.
Approx. 3 per leg.

**DESCRIPTION**
Slices of pork hock from the front and back legs. Leg muscles contain a high percentage of connective gristle.

**PREPARATIONS**
Pork hocks are sawn into required thickness steaks to contain the main marrow bone of the leg. Rind is to be removed.

**USES**
Ideal for braising slowly then connective gristle cooks down to a soft jelly.
Belly block / Mini joints bone in

Cut Origin

Cut

Cooking Techniques

Oven

Stew

Specification

AVERAGE WEIGHT
Depends on carcase size.

APPROXIMATE YIELD
Depends on carcase size.

DESCRIPTION
This joint is the breast bone and cartilage tip section of the belly. Treated the same as the belly.

PREPARATIONS
May be cut into required portions and can be prepared as ‘mini joints’. Bones may be loosened to use as a trivet during cooking.

USES
May be roasted or slow roasted as individual portions.
Pork Collar - Rack / Chops

**Cut**

**Cut Origin**

**Specification**

**AVERAGE WEIGHT**
Bone in: 6 kg. Boneless and skinless: 4.5 kg.

**APPROXIMATE YIELD**
Max. 5 ribs.

**DESCRIPTION**
Prepared from the rib section of the collar. May be produced as a 3 - 5 rib rack or cut into individual, one rib chops.

**PREPARATIONS**
The back bone and neck bones and rind are to be removed. All excess fat and gristles are removed. Only the rib bones remain attached ½ - ¾ of the ribs are cleaned of meat (French trimmed).

**USES**
Ideal for pan frying or braising.
Pork Belly

Cut

Cut Origin

Cooking Techniques

Oven Steam Stew

Specification

AVERAGE WEIGHT
Bone in: 5 kg. Boneless and skinless: 3.4 kg.

APPROXIMATE YIELD
Depends on carcase size.

DESCRIPTION
Pork belly or breast is removed from the fore end or shoulder by a straight cut between the 5th & 6th ribs and a straight cut across the ribs to separate from the loin.

PREPARATIONS
May be prepared rind on or off and bone in or out. The ribs are usually removed in a sheet and are sold as spare ribs

USES
May be roasted, stuffed and rolled or used in products such as sausages, terrines, cassoulet and pates. Mainly slow cooked but can also be used as a joint or slices.
Pork Belly - Hard Belly

**Cut Origin**

**Cut**

**Cutting Techniques**

- Oven
- Fry

**Specification**

**AVERAGE WEIGHT**
Depends on carcase size.

**APPROXIMATE YIELD**
Depends on carcase size.

**DESCRIPTION**
The hard belly (rib section) is separated from the whole belly by cutting squarely at the edge of the last rib. Soft belly (no bones) used for products such as sausages, terrines, cassoulets and pates, but may be used for roasts and slices.

**PREPARATIONS**
May be prepared bone in or boneless, ribs removed in a sheet for spare ribs. Rind may be left on or removed.

**USES**
Ideal for roasting, may be cured or slow braised.
Pork Loin - Whole Loin

Cut Origin

Specification

- **AVERAGE WEIGHT**
  - Bone in: 5.3 kg. Boneless and skinless: 3.5 kg.

- **APPROXIMATE YIELD**
  - Depends on carcase size.

- **DESCRIPTION**
  - Full back of the carcase, contains full fillet, rind and bone in. Normally contains between 7-9 ribs. Muscles are more open texture at the shoulder end of the loin.

- **PREPARATIONS**
  - Contains the rib chops (cutlets) and the loin chops (T bone). Normally cut from one end to the other as chops but may be jointed or boned and rolled.

- **USES**
  - Ideal for producing chops, joints, boneless loin steaks. Suitable for roasting, grilling, pan frying and slow cooking.

Cut

Cooking Techniques

- Grill
- Fry
- Oven
**Pork Fillet - Tenderloin**

### Cooking Techniques
- Grill
- Oven
- Fry

### Cut Origin

### Specification

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVERAGE WEIGHT</strong></td>
<td>Up to 1kg</td>
</tr>
<tr>
<td><strong>APPROXIMATE YIELD</strong></td>
<td>Up to 1kg</td>
</tr>
<tr>
<td><strong>DESCRIPTION</strong></td>
<td>A very tender muscle which lies on the inside of the carcase, attached to the lumbar section of the loin and part of the chump.</td>
</tr>
<tr>
<td><strong>PREPARATIONS</strong></td>
<td>May be used whole or may have the coarse chain muscle removed. Silver skins and connective tissue should be removed.</td>
</tr>
<tr>
<td><strong>USES</strong></td>
<td>A very versatile cut of meat, very tender and popular with chefs.</td>
</tr>
</tbody>
</table>
Pork Chaps

Cooking Techniques

- Oven
- Stew

Cut Origin

Specification

<table>
<thead>
<tr>
<th><strong>AVERAGE WEIGHT</strong></th>
<th>Depends on size of carcase.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPROXIMATE YIELD</strong></td>
<td>Up to 1kg</td>
</tr>
<tr>
<td><strong>DESCRIPTION</strong></td>
<td>Soft, slightly flabby muscles which make up the side of the face of the pig. Chaps lay over the cheek muscles, only the meatiest part is used.</td>
</tr>
<tr>
<td><strong>PREPARATIONS</strong></td>
<td>May be produced rind on or off, any glands and blood meat is to be removed.</td>
</tr>
<tr>
<td><strong>USES</strong></td>
<td>May be slow roasted, cured or slow cooked, and pressed.</td>
</tr>
</tbody>
</table>
**Pork Cheeks**

**Cut Origin**

- **Cut**: Cheeks are the main muscles attached to the jaw bone, a hard working, coarse muscle, high in collagen.

**PREPARATIONS**
- Removed from the jaw and separated from the pork chaps. The silver skin must be removed as it is very tough and completely inedible.

**USES**
- Ideal for slow, moist cooking, it may be lightly cured prior to cooking. Very tender if braised for a long time.

**Specification**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVERAGE WEIGHT</strong></td>
<td>100g</td>
</tr>
<tr>
<td><strong>APPROXIMATE YIELD</strong></td>
<td>100g</td>
</tr>
<tr>
<td><strong>DESCRIPTION</strong></td>
<td>Cheeks are the main muscles attached to the jaw bone, a hard working, coarse muscle, high in collagen.</td>
</tr>
<tr>
<td><strong>PREPARATIONS</strong></td>
<td>Removed from the jaw and separated from the pork chaps. The silver skin must be removed as it is very tough and completely inedible.</td>
</tr>
<tr>
<td><strong>USES</strong></td>
<td>Ideal for slow, moist cooking, it may be lightly cured prior to cooking. Very tender if braised for a long time.</td>
</tr>
</tbody>
</table>

**Cutting Techniques**

- **Oven**
- **Boil**
- **Stew**

**Diagram**

[Diagram showing the location of pork cheeks on the pork carcass]
Pork Collar - Steaks

Cut

Description
The collar is an extension of the loin at the rib end up to the back of the head. It is an open textured muscle block, high in inter muscular fat and extremely versatile.

Preparations
All the bones, rind and excess fat are removed. May be left whole as a boneless roast or sliced into steaks of required thickness.

Uses
Ideal for slow roast joints, pan frying or braising. Can be flattened out and crumbed. Perfect cut for pulled pork.

Cooking Techniques
- Grill
- Oven
- Boil
- Fry
- Stew

Cut Origin

Specification

Average Weight
Depends on size of carcase.

Approximate Yield
Depends on size of carcase.

Description
The collar is an extension of the loin at the rib end up to the back of the head. It is an open textured muscle block, high in inter muscular fat and extremely versatile.

Preparations
All the bones, rind and excess fat are removed. May be left whole as a boneless roast or sliced into steaks of required thickness.

Uses
Ideal for slow roast joints, pan frying or braising. Can be flattened out and crumbed. Perfect cut for pulled pork.
# Pork Collar - Boneless Roast

## Cooking Techniques

- **Grill**
- **Oven**
- **Fry**

## Cut Origin

![Diagram of pork collar origin]

## Specification

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVERAGE WEIGHT</td>
<td>Depends on size of carcase.</td>
</tr>
<tr>
<td>APPROXIMATE YIELD</td>
<td>Depends on size of carcase.</td>
</tr>
<tr>
<td>DESCRIPTION</td>
<td>Also known as the neck end or shoulder butt. The collar is an extension of the loin, up to the back of the head. It has an open muscle texture, high in inter muscular fat, and extremely versatile.</td>
</tr>
<tr>
<td>PREPARATIONS</td>
<td>Most commonly has all the bone removed, any ragged edges, and connective tissues removed. If rind is left on, it is scored at even intervals. It is tied and cut into required joints or portions.</td>
</tr>
<tr>
<td>USES</td>
<td>Ideal for an economical roast, may also be used for steaks.</td>
</tr>
</tbody>
</table>

## Cut

![Image of pork collar cuts]
# Pork Ribs - Spare Ribs

## Cooking Techniques

- **Grill**
- **Oven**

## Cut

![Diagram of Pork Ribs]

**Cut**

1. Pork Ribs - Spare Ribs

## Cut Origin

![Diagram of Pork Carcase]

**Cut**

1. Belly ribs
2. Loin ribs

## Specification

### AVERAGE WEIGHT

Depends on size of carcase and where it is cut.

### APPROXIMATE YIELD

Depends on size of carcase and where it is cut.

### DESCRIPTION

The rib bones of the carcase, including the intercostal muscles attached. Prepared as either a full set of ribs or belly ribs, 1, and loin ribs 2 (commonly termed as baby back ribs).

### PREPARATIONS

Ribs are taken from the loin and belly as a whole sheet, then may be cut into individual ribs by cutting down the intercostal muscle (meat between each rib bone).

### USES

Ideal for BBQ – in a marinade or seasoning.
Pork Loin - Loin Eye Muscle

Cut Origin

Specification

AVERAGE WEIGHT
Depends on size of carcase.

APPROXIMATE YIELD
Up to 2kg

DESCRIPTION
Prepared from the whole loin, the whole eye muscle is removed by following the natural muscle seam.

PREPARATIONS
All bones, fat and rind are removed from the loin eye muscle. The silver gristle over the top of the muscle is to be removed fully.

USES
Requires careful handling when cooking due to being very lean. May be roasted but also sliced into thin steaks for pan frying. Often flattened out for escalopes.
Pork Loin – Rack (3 rib)

Cut Origin

Cut

Cooking Techniques
- Grill
- Oven
- Fry

Specification

AVERAGE WEIGHT
- c. 600g

APPROXIMATE YIELD
- c. 600g

DESCRIPTION
- Prepared from the rib section of the loin – usually produces 3 portions. Back bone is removed including any bone cartilage and heavy gristle.

PREPARATIONS
- Each portion to contain 3 ribs, back bone is removed. If the rind is left attached, it needs to be scored at even intervals.

USES
- Ideal for roasting.
# Pork Loin – Cutlets

## Cooking Techniques

- **Grill**
- **Oven**
- **Fry**

## Cut

### Specification

<table>
<thead>
<tr>
<th><strong>AVERAGE WEIGHT</strong></th>
<th>Depends on size of carcase.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPROXIMATE YIELD</strong></td>
<td>7-8 cutlets.</td>
</tr>
<tr>
<td><strong>DESCRIPTION</strong></td>
<td>Individual pork cutlets (rib chops) cut from the rib section of the loin.</td>
</tr>
<tr>
<td><strong>PREPARATIONS</strong></td>
<td>Cutlets can be prepared in varying levels of trim. Rib bone remains attached but back bones are removed, mainly the rind is removed.</td>
</tr>
<tr>
<td><strong>USES</strong></td>
<td>Ideal for pan frying, or may be stuffed or flattened out and crumbed.</td>
</tr>
</tbody>
</table>
## Pork Loin – Boneless/ Rib End

### Cooking Techniques
- Grill
- Oven
- Fry

### Cut Origin

### Specification

<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVERAGE WEIGHT</strong></td>
<td>Depends on carcase size.</td>
</tr>
<tr>
<td><strong>APPROXIMATE YIELD</strong></td>
<td>Depends on carcase size.</td>
</tr>
<tr>
<td><strong>DESCRIPTION</strong></td>
<td>Prepared from the rib section of the loin.</td>
</tr>
<tr>
<td><strong>PREPARATIONS</strong></td>
<td>All bones are removed from the loin. May be prepared rind on or off, the loin tail over the eye muscle is cut to required length.</td>
</tr>
<tr>
<td><strong>USES</strong></td>
<td>A versatile joint, perfect for roasting and also cutting into steaks. Ideal served hot or cold on a buffet.</td>
</tr>
</tbody>
</table>