

Pork from Wales Cuts Guide

Here are some ideas about the choice of pork cuts for a variety of cooking methods.

**PORC
WALES**

Know your Pork Cuts



Leg

A wide range of roasting joints is produced from the leg. The meat is often divided into separate muscles from which a range of steaks and stir fry strips are prepared for quick cooking.

Shank

Lean meat with a high proportion of connective tissue can be found in the shank. Cuts from this area are suitable for slow cooking methods such as stews, casseroles, soups and stocks.



Neck

Some say the most economical cut. The neck is ideal for soups, stocks and stews. Well-muscled but still really tasty, the neck produces a wonderfully succulent texture. For the best roasting results, it should be cooked slow and low. With a fine marbling of fat, this lesser known cut is packed full of flavour.



Shoulder

Regularly used for roasting and very easy to prepare. This flavoursome cut has a layer of fat to keep it moist during cooking and is perfect for a traditional roast. Rub the shoulder with sea salt for the most amazing crackling. This versatile cut is also perfect for steaks, diced, minced or, cooked slowly, it's ideal for pulled pork.



Chump/Rump

The chump end is positioned at the rear of the loin. Chump steaks (sometimes called rump) are boneless, wider and leaner than those from the loin.



Loin

The loin is a very versatile and lean cut of meat. All cuts from the loin are suitable for grilling or frying.



Belly

The belly of the pig provides some of the most popular cuts of pork. From bacon to sausages and spare ribs, the belly is the most fruitful part of the pig. It is a fatter cut and can be diced for frying, used for steaks and rolled up to roast meals.



Spare Ribs

Slightly larger and with more meat than other cuts of ribs, spare ribs are best prepared slow-cooked on a low heat until tender and juicy. Marinades can offer the perfect opportunity to put your stamp on meals but remember to keep braising the ribs whilst cooking to keep them moist.



Tenderloin/Fillet

The tenderloin (or fillet) of pork is the delicate, lean piece of meat which runs through the loin. Tenderloin should be trimmed of its tough silverskin before cooking. Tenderloin takes to marinades well and should be quickly cooked on a grill, seared, roasted, or sliced and cooked in stir-fries.



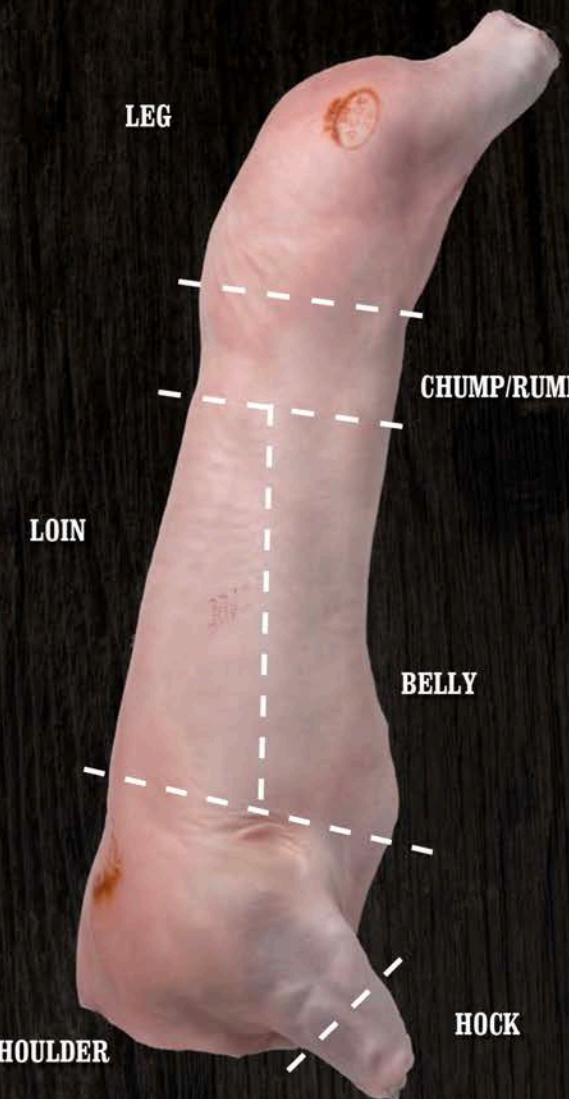
Hock

An inexpensive cut, the hock can be bought both smoked and unsmoked and is ideal for broths, stews and soups. Being a tougher piece of meat, it is best to slow cook the hock on a low heat.



Mince

Pork mince is produced using the forequarter meat. It is ideal for use in meatballs, koftas, and curries.



For news, information and recipes visit Porc.Wales



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