HOORVIA ? PORK COOKING TIME & TEMPERATURE CHART: PRINTABLE CUT-BY-CUT RE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #006

Pork Cut & Thickness / Weight	Best Cooking Method & Temp	Est. Cooking Time	Pull Temp (°F)	Final Target Temp & Rest
Bone-In Rib or Loin Chop (1-inch thick)	Grill / Cast-Iron Sear (Med-High)	4?5 mins per side	140°F	145°F (Juicy Pink) ? Rest 5 mins
Boneless Pork Chop (1-inch thick)	Oven Bake (400°F) or Pan-Sear	15?18 mins (Oven) / 8 mins (Pan)	140°F	145°F (USDA Safe) ? Rest 5 mins
Thick Double-Cut Pork Chop (1.5?2 inches)	Reverse Sear (275°F then Sear)	30?35 mins + 2 min sear	138°F	145°F (Medium) ? Rest 8 mins
Pork Tenderloin (1?1.5 lbs, Whole)	Oven Roast (400°F) after Sear	18?22 mins total	140°F	145°F (Tender & Moist) ? Rest 5 mins
Boneless Center-Cut Pork Loin Roast (3?4 lbs)	Oven Roast (350°F)	20?25 mins per lb	138°F	145°F (Sliceable) ? Rest 10 mins
Bone-In Crown Roast of Pork (6?8 lbs)	Oven Roast (350°F)	18?22 mins per lb	138°F	145°F (Center Cut) ? Rest 15 mins
Pork Shoulder / Boston Butt (6?8 lbs)	Smoke / Slow Roast (250°F?275°F)	60?75 mins per lb	198°F	203°F (Pulled Pork) ? Rest 30 mins
Baby Back Ribs (1.5?2 lbs per rack)	Oven / Smoker (275°F, Wrapped)	2.5 to 3.5 hours total	195°F	195°F?200°F (Clean Bite) ? Rest 10 mins
St. Louis Spare Ribs (2.5?3.5 lbs per rack)	Oven / Smoker (275°F, 3-2-1 Method)	4 to 5 hours total	198°F	200°F?203°F (Tender Bend) ? Rest 10 mins
Ground Pork / Patties / Meatballs	Skillet (Med) or Oven (400°F)	10?12 mins (Pan) / 18 mins (Oven)	158°F	160°F (No Pink, USDA Safe) ? Rest 3 mins
Fresh Uncured Bratwurst / Pork Sausage	Simmer + Grill (Medium Heat)	15?20 mins total	158°F	160°F (Snappy Casing) ? Rest 3 mins
Pre-Cooked Spiral Ham (7?9 lbs, Bone-In)	Oven Bake (325°F, Foil Covered)	12?15 mins per lb	135°F	140°F (Reheated Gently) ? Rest 15 mins

PRO TIP: Two Temperature Zones: Lean cuts (chops, loin, tenderloin) are best pulled at 140°F to coast to 145°F; tough collagen cuts (shoulder, ribs) must reach 195°F?203°F to become tender.