

Roast Pork

What you'll need:

- Low sided roasting pan, 2 inches larger than the meat you are roasting.
- Metal roasting rack.
- Ovenproof meat thermometer.
- Large cutting board, knife, carving fork, aluminum foil.

How to prepare:

- Thaw in refrigerator 12 - 15 h / lb.
- Trim excess fat, if desired and tie the roast depending on the cut. It is important to roast the meat fat-side up.
- Rub with desired seasonings, herbs and spices.
- Insert thermometer in thickest part of meat, away from any bone and not piercing the underside.

When it's done:

- Pork is done when it reaches an internal temperature of 160F.
- Remove from oven at 150F for large roasts and 155F for small roasts. Internal temperature will rise as the meat rests.
- Let roast rest on a cutting board for 10 to 20 minutes (the larger the roast, the longer the resting time) and cover with foil.



Steps for a Great Pork Roast



1 PREHEAT oven to 325F.
Place prepared roast on roasting rack in the pan.



2 COOK uncovered for 25 min / lb for bone-in roast, 30 min / lb for boneless roast.
Check internal temperature 30 minutes prior to estimated completion time, to see how it's doing.

3 REMOVE roast from oven, place on cutting board and allow to rest.
Carve and enjoy!