

Pork



Thickness
(In/cm)

Temp (F/C)

Time (hr)

Notes

Juicy

Flaky

Min.

Max

*Add 60 minutes/inch of thickness
Add 30-60 minutes to total time if starting from frozen*

Tender Cuts

Loin, Tenderloin,
Chops

1+/2.5+

144/62

158/70

1

3

Too lean for super long cook

Roast

2+/5+

144/62

158/70

3

6

Too lean for super long cook

Tough Cuts

Ribs

n/a

150/66

158/70

24
(firm)

48
(tender)

Do the long cook!

Belly

2/5

158/70

190/88

8

72

Use shorter time for higher temps

Shoulder

2+/5+

140/60

149/65

36

72

Use shorter time for higher temp