

best **PORK** **BITES**

Pork Temperature Chart: Roasting

Pork Cut	Weight/Thickness (on average)	Internal Temperature (°F)	Roasting Time
Boneless Pork Loin Roast	3 pounds	145°F	20-25 minutes per pound at 350°F
Boneless or Bone-in Pork Shoulder	4-6 pounds	Fall-apart tender; cook until at least 180°F to 205°F	40-55 minutes per pound at 300°F; finish by searing for 15 minutes at 475°F
Pork Spare Ribs	3-4 pounds	Fall-apart tender; cook until at least 195°F to 200°F	2.5-4 hours at 275°F
Baby Back Ribs	1.5-2 pounds	Fall-apart tender; cook until at least 195°F to 200°F	2.5-4 hours at 275°F
Whole Ham (Precooked)	10-18 pounds	140°F	15-18 minutes per pound at 325°F
Half Ham (Precooked)	5-10 pounds	140°F	18-24 minutes per pound at 325°F
Spiral Ham (Precooked)	7-10 pounds	140°F	10 minutes per pound at 275°F
Pork Belly	4-5 pounds	Fall-apart tender; cook until at least 165°F to 205°F	2-2.5 hours; finish with reverse sear at 325°F for 20 minutes
Oven Pork Chops (Boneless)	1.25 inches thick	145°F	7 minutes per ½-inch thickness at 400°F
Oven Pork Chops (Bone-in)	1-1.5 inches thick	145°F	20-22 minutes at 400°F
Rack of Pork	3 pounds	155°F	Sear 10 minutes at 500°F; cook at 325°F for 30 minutes

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Pork Temperature Chart: Grilling

Pork Cut	Weight/Thickness (on average)	Internal Temperature (°F)	Grilling Time
Pork Blade Steak/Pork Shoulder Steak	½-inch to ¾-inch thick	145°F	Grill over medium heat 8-10 minutes per side
Grilled Pork Chops (Boneless)	1.25 inches thick	145°F	Sear over high heat 3 minutes each side; cook over indirect medium-high heat 5-6 minutes or until 145°F
Grilled Pork Chops (Bone-in)	1-1.5 inches thick	145°F	Sear over high heat 5 minutes each side; cook over indirect medium-high heat 15-20 minutes until 145°F
Ground Pork Burgers	½-inch thick	160°F	Medium heat, 4-5 minutes each side
Pork Tenderloin	1-1.5 pounds	145°F-160°F	5-7 minutes per side at medium heat (350°F)
Pork Butt/Boston Butt	4-5 pounds	Fall-apart tender; cook until at least 190°F to 195°F	52 minutes up to 1 hour per pound of meat over indirect low heat, uncovered for first half

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Pork Temperature Chart: Grilling (continued)

Boneless or Bone-in Pork Shoulder	4-6 pounds	Fall-apart tender; cook until at least 180°F to 205°F	52 minutes up to 1 hour per pound of meat over indirect low heat, uncovered for first half
Pork Belly	4-5 pounds	Tender; cook until at least 160°F to 200°F	Indirect high heat (450°F to 550°F) for 30 minutes; then indirect medium heat until it reaches internal temp of 160°F (lid closed)
Rack of Pork	3 pounds	145°F	Sear 4 minutes on each side over direct high heat; cook 50 minutes over indirect heat, fat side up, flipping halfway through, until 145°F,
Pork Spare Ribs	3-4 pounds	Tender; 195°F to 200°F	Indirect medium heat (300°F), lid closed, for 2 hours
Baby Back Ribs	1.5-2 pounds	Tender; 195°F to 200°F	Grill at medium heat (300°F), lid closed, for 1 hour 15 minutes; check every 20 minutes, baste in final 15 minutes

Make sure to use a meat thermometer for best results. **For any cut over 3/4-inch thick, close the grill lid.**

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Pork Temperature Chart: Smoking

Pork Cut	Weight/Thickness (on average)	Internal Temperature (°F)	Smoking Time
Pork Shoulder	4-6 pounds	190°F	8 hours at 225°F
Pork Tenderloin	1-1.5 pounds	145°F	2 hours at 225°F
Pork Loin	3 pounds	145°F	4-5 hours at 225°F
Pork Spare Ribs	3-4 pounds	160°F	6 hours at 225-240°F
Baby Back Ribs	1.5-2 pounds	165°F+	5 hours at 225-240°F
Rack of Pork	3 pounds	145°F	4 hours at 225°F
Pork Belly	4-5 pounds	195°F	6-8 hours at 250°F
Pulled Pork Butt	7 pounds	203°F	6 hours uncovered, then another 4-6 hours covered
Pulled Pork Brisket	2.25-3.5 pounds	195°F	1.5 hours per pound at 225°F

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Pork Temperature Chart: Slow Cooking

Pork Cut	Weight/Thickness (on average)	Internal Temperature (°F)	Slow Cooking Time
Pork Loin	3-4 pounds	145°F	High 5 hours or Low 6 hours
Pork Butt	6-7 pounds	195°F	High 7.5 hours or Low 9.5 hours
Pork Shoulder	6-7 pounds	195°F	High 7.5 hours or Low 9.5 hours
Baby Back Ribs	3 pounds	190°F	High 4 hours or Low 8 hours
Pork Spare Ribs (half-rack)	3 pounds	190°F	High 4 hours or Low 8 hours
Pork Chops	2-inches thick	145°F	High 2-3 hours or Low 5-6 hours
Pork Tenderloin	1-3 pounds	145°F	High 1-2 hours or Low 3-4 hours
Whole or Half Ham (precooked)	4-8 pounds	140°F	Low 4-6 hours; check internal temp halfway for a small ham
Spiral Ham (precooked)	5-8 pounds	140°F	Low 5 hours

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Pork Temperature Chart: Air Frying

Pork Cut	Pork Weight or Thickness	Air Fryer Temperature	Internal Temperature	Cooking Time
Pork Chops (Boneless)	½-inch thick	400°F	145°F	5 minutes on one side, 4-6 minutes opposite side
Pork Chops (Bone-in)	1-1.5 inches thick	380°F	145°F	5-6 minutes on each side
Pork Belly (Cubed)	1.5 pounds in 1-inch thick cubes	250°F-400°F	195°F	Skin-side up for 25 minutes at 250°F, then 20 minutes at 400°F
Pork Tenderloin	1-1.5 pounds	400°F	145°F	20-22 minutes
Pork Burgers	½ to 1-inch thick	360°F	160°F	10 minutes; optionally, flip halfway
Ham (Precooked)	5 pounds	300°F		40 minutes wrapped in foil; 5 minutes unwrapped at 360°F