

SHARE
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Moist, Juicy and Safe Pork

There are a lot of people who don't believe that title can be true! "If you cook pork until it's safe, then it's dry and tough!" is their complaint. And years ago, they were right. But there's no excuse now for either undercooked and potentially unsafe pork, or for tough, dry, overcooked pork. The only lame reason a cook could give for serving overdone pork would be that they had refused to go out and buy a meat thermometer!

That's the secret - using a meat thermometer to check the temperature inside the piece of meat. All pork products - roasts and loins as well as sausage and chops, should be cooked to an internal temperature of 160° F (one hundred sixty degrees). That is enough to guarantee that the bacteria will be dead. If you don't cook it much above that temperature, you will also have meat that is still moist and tender.

Don't let anyone tell you that they can tell by the color when meat is done enough. The color of meat as it cooks depends not only on the temperature, but how the meat has been handled, and even on the condition of the animal before it was slaughtered. Sometimes meat can reach 180° or more, and still be pink inside. It is done, even overdone, and starting to get tough, but it still looks pink. Sometimes meat will look brown the whole way through, and be barely 150°. Even though it looks 'done', the temperature has not gotten hot enough to kill all bacteria.

There are lots of different styles of meat thermometers, from barbeque forks with the readout in the handle, to little five dollar versions you stick in when you think it's done. Using any of them will work to avoid a trip to the emergency room. Invest, today!