MYLAR® COOK

Pork
Pork Shoulder or Butt

1. Use minimally processed bone-in or boneless pork shoulder or butt
2. Topically season
3. Place in formed pocket with fat cap side up
4. Pack with as much head space as possible and pull tight vacuum
5. From fresh or thawed bake at 275°F in a convection oven with low fan or 300°F in a home oven for 4-6 hr depending on size, until fork tender
6. Rest 15-20 min and then shred with forks
7. NOTE: For smaller pieces you can push temperature up, because it will not vent as fast if packaged with more headspace & secondary seal
Pork Loin Roast

1. Use a minimally processed pork loin and cut to desired size

2. Inject with marinade and/or vacuum tumble (optional, but recommended)

3. Topically season

4. Place in formed pocket with fat cap side up

5. Pack with 5-10 mm of headspace and pull tight vacuum

6. Bake from fresh or thawed at 350-375°F in convection or home oven to an IT of 145°F
Dry Rubbed Pork Spare Ribs

1. Use full racks of enhanced St. Louis Style ribs or pork spare ribs
2. Score or remove silver skin
3. Liberally apply topical seasoning
4. Pack with 15-20 mm of headspace and pull a tight vacuum, but monitor for bone punctures
5. For fall off the bone: bake from fresh in a home oven at 300°F for 2.5 hr, then rest in package before serving (based on 1.5 lb)
6. For pull off the bone: bake from fresh in a home oven at 300-350°F for 2-1.5 hr, then rest in package before serving (based on 1.5 lb)
Pork Spare Ribs with Sauce

1. Use full racks of enhanced St. Louis Style ribs or pork spare ribs
2. Score or remove silver skin
3. Liberally apply topical seasoning
4. Mix 4 parts of BBQ sauce with 1 part water
5. Combine sauce and ribs in formed pocket and make sure seal area is clean to ensure a good seal
6. Pack with a minimum of 15-20 mm of headspace and pull tight vacuum, but monitor for bone punctures
   - Caution: vacuum will cause sauce to move to seal area and can prevent a good seal from forming
   - Adjust dilution of BBQ sauce and amount added to package as needed to obtain desired performance
7. For fall off the bone: bake from fresh in a home oven at 300°F for 2.5 hr, then rest in package before serving (based on 1.5 lb)
8. For pull off the bone: bake from fresh in a home oven at 300-350°F for 2-1.5 hr, then rest in package before serving (based on 1.5 lb)
Baby Back Ribs

1. Use full racks of enhanced pork baby back ribs
2. Score or remove silver skin
3. Liberally apply topical seasoning
4. Pack with 15-20 mm of headspace and pull a tight vacuum, but monitor for bone punctures
5. For fall off the bone: bake from fresh in a home oven at 300°F for 2.5 hr, then rest in package before serving (based on 1.5 lb)
6. For pull off the bone: bake from fresh in a home oven at 300-350°F for 2-1.5 hr, then rest in package before serving (based on 1.5 lb)
Italian Sausage Stuffed Porchetta

1. Use raw ground Italian sausage (~1 lb) and minimally processed pork loin (2.5-3 lb)
2. Cut pork loin so that it is a flat even sheet of meat
3. Inject pork with marinade
4. Spread Italian sausage over the top of the pork, then roll pork up.
5. Topically season
6. Place seam side down in formed pocket
7. Pack with 15-20 mm of headspace and pull tight vacuum
8. Bake from fresh or thawed in a convection at 375°F (0% RH, reduced fan) or at 375-400°F in a home oven to an IT of 160°F
Carnitas

1. Use fresh, minimally processed pork shoulder or butt
2. Cube pork shoulder
3. Vacuum tumble with marinade
4. Topically season
5. Pack with 10-20 mm of headspace and pull tight vacuum
6. Cook from fresh/thawed at 325°F in a home oven or in a convection oven (low fan) until fork tender
   – Verify IT is 145°F or greater
7. Rest 5-10 min and then shred with forks
## Cooking Guidelines: Pork

### Electric Home Oven
- **Pork Shoulder or Butt**
  - 300-325°F
- **Pork loins, chops, roasts, etc.**
  - 350°F
  - 375-425°F - if highly pumped
- **Ribs**
  - 300-375°F
  - Depends on...
    - Seasoning: dry rub only or packed in a sauce
    - Desired texture: pull off the bone or fall of the bone

### Convection Oven
- **Pork Shoulder or Butt**
  - 275-300°F, low fan, 0% RH
- **Pork loins, chops, roasts, etc.**
  - 325-350°F
  - 375-400°F - if highly pumped
- **Ribs**
  - 275-350°F
  - Depends on...
    - Seasoning: dry rub only or packed in a sauce
    - Desired texture: pull off the bone or fall of the bone

- We do not recommend cooking raw pork in the microwave.
- If using a clam shell grill (such as George Foremen grills), be sure grill does not exceed 425°F.
- **USDA recommends a minimum safe internal temperature (IT) of 145°F for whole muscle pork and 160°F for ground pork.**
MYLAR® COOK Notes

• Allow packaged product a minimum of 24 hours before cooking to maximize the flavor

• Measure internal temperature and follow USDA’s recommended safe minimum internal temperature guidelines

• Allow products to rest after they are removed from the oven
  - Note: A product can be pulled early and rested to allow carry-over cooking to bring the product to its safe internal temperature (IT)

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USDA Recommended - Safe Minimum Internal Temperatures for Cooking

• Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F

• Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F

• Cook all poultry (whole or ground) to an internal temperature of 165°F

• Cook raw intact fish and shellfish to 145°F or above for 15 seconds

• Cook items such as crab cakes or stuffed fish to 165°F
Disclaimer

• The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.

• Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.

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