

Various pork cuts – the more you know, the more you create

Selecting the best cut for cooking

Noted for its superior tenderness, succulence and thick, rich flavor, Japanese pork boasts a range of great cuts including the loin, boston butt, tenderloin, shoulder, belly and ham. Draw out the ultimate flavor pork has to offer by selecting the best possible cut for cookery including deep-fried, stewed or grilled cuisines.



1 Shoulder

A fleshy, lean portion with dark coloring, this cut is somewhat grainy; however, due to a moderate amount of fat content, the shoulder produces a lovely, rich flavor when cut into cubes or sliced for stewing, etc. Shoulder is perfect for a variety of dishes including stews and pork beans.



2 Boston Butt

This cut emanates the true taste of pork boasting fantastic taste and fine texture with lean meat and fat nicely distributed throughout the portion. Ideal for almost anything, boston butt is great for *yakibuta* (barbecued pork) or roast pork when prepared whole, or *shogayaki* (gingered pork) and *shabushabu* when thinly-sliced.



3 Loin

Boasting highly-flavorsome fat content, this finely-textured cut is very tender. Superb for cooking whole as *yakibuta* (barbecued pork) or roast pork, or otherwise slicing thick for *tonkatsu* (deep-fried pork cutlets) or sautéed dishes.



4 Tenderloin

Finely-textured, this is the tenderest pork cut boasting the highest quality. Because of its extreme leanness, tenderloin is ideal for oil-based cooking including sautés, stir-fries and deep-fried cuisine such as *hirekatsu* (deep-fried tenderloin).



5 Belly

Also known as “sanmainiku” or “three layer meat” in English, this cut is layered in lean meat and fat content with a good balance of fat and muscle layering throughout. Blessed with fantastic flavor, this cut is ideal for stews, *butakakuni* (braised pork) and other boiled dishes, as well as stir-fries and *nimono* (simmered foods) when sliced thin.



6 Ham (Ham Inside / Ham Knuckle)

With fine texture and little fat content, this cut is tender and noted for its leanness. Made up of the “ham inside” and “ham knuckle” portions, ham is great for dishes that embrace the taste of meat and perfect for *yakibuta* (barbecued pork) or roast pork prepared whole.



7 Ham Outside

The ham outside is moderately grainy and of a somewhat dark color. Perfect for almost any type of cooking, this portion can be cut into small pieces or thinly sliced and used in sautés, *shabushabu* and so forth.

*Ham and ham outside photos courtesy of Japan Meat Information Service Center

Grilled

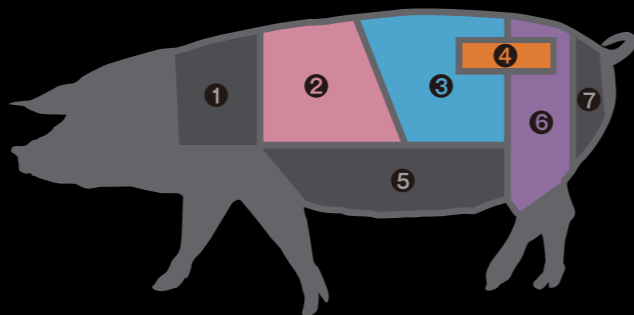
and Sautéed



Recommended cuts

② Boston Butt ③ Loin ④ Tenderloin ⑥ Ham

Japanese pork is high quality and full of flavor. It is low in cholesterol and rich in vitamin B1, B2, E and minerals making it a popular part of healthy diets in Japan. It is delicious when thickly sliced and well grilled but can also be enjoyed when thinly sliced and sautéed as it takes on the flavors of other ingredients. In addition, it has no aroma so it goes well with fruit like pineapples, plums and apples.



Volume conversions : 1cm=0.39 inches /100g=3.5 oz/1kg=35 oz/1 teaspoon=0.01pt/1 tablespoon= 0.03pt/100°Celsius= 212°Fahrenheit

Pork teriyaki

Marbled Japanese pork is perfect for salty-sweet *teriyaki*. Fragrant vegetables like onions make an excellent accompaniment.

Boston Butt

Loin

Ingredients

2 cm thick slices of pork loins
 Marinade
 50ml each of soy sauce
sake for cooking and *mirin* (sweet rice wine)
 Sauce
 120ml each of soy sauce and *sake*
 60g of sugar

Directions

1. Cut slices into the sinews and fat.
2. Immerse in marinade for 10 – 15 minutes.
3. Grill, thoroughly browning on all sides while basting with sauce about 3 times.