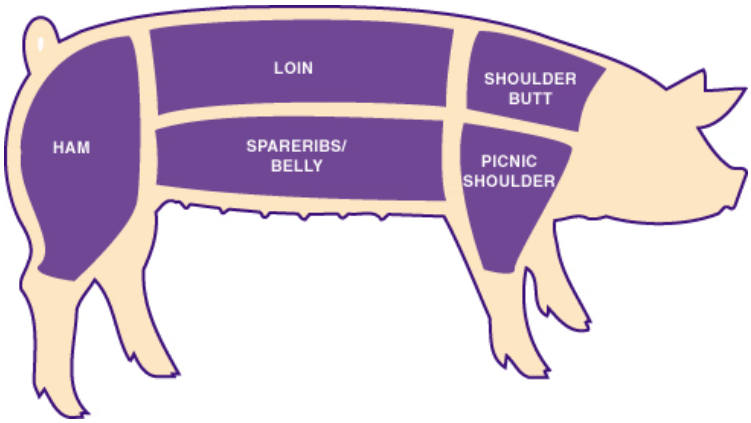
# Wolf Pine Farm - Guide to Pork Cuts

We hope you enjoy all of the cuts of meat in your Wolf Pine Farm meat share. We've created this guide to provide information about the various cuts of meat you might receive in your shares. For descriptions of individual cuts, we've tried to use the same language our butcher(s) use when labeling your packages, but there are often many names for the same thing, so if you have a package of meat in your share you're unsure about, please ask. We'll be happy to help!

## Primal Cuts

Butchering begins with dividing the meat into "primal cuts". Although every butcher will likely think about some small details differently, the picture at the right gives a rough idea of the 5 primal cuts that the more specific cuts below come from.




## Primal Cut - Ham

- ***Uncured Smoked Ham*** - We usually have our hams cut into about 3-5# sizes. They have been smoked (without nitrates or nitrates). They are also fully cooked, though most people will cook for 10-15 minutes per pound to flavor and brown the outside before serving. Most sources still recommend an internal temp of 130°F.

- ***Smoked Ham Steaks*** - we'll sometimes slice hams into a steak. If you have an older steak in your freezer you might find a "fresh" ham steak (ie not yet cooked) but we've decided we prefer them smoked, so steaks from recent shares will all be labeled as "uncured and smoked" like the ham description above.

## Primal Cut - Spareribs/Belly

- ***Bacon*** - our bacon is smoked without nitrates or nitrites. Roughly 10% of the meat from a pig gets turned into bacon, so supplies are naturally limited!
- ***Rack Ribs*** - This is the rib section closest to the belly, cut near the bacon meat and includes the brisket bone and surrounding meat. A whole rack of ribs would include all 14 ribs - we typically have the racks cut in half (so they'll fit in a box!).
- ***St. Louis Style Ribs*** - similar to rack ribs but without the brisket bone and surrounding meat.

## Primal Cuts - Shoulder Butt & Picnic Shoulder

Our butcher labels these two cuts both as “shoulder”. When you get a shoulder roast, you may be getting either a picnic shoulder or a butt.

- ***Shoulder Roast*** - The shoulder is a less tender cut than the loin but it’s a very flavorful cut. These want to be slow-cooked. (We usually do ours in a crock pot and make pulled pork). Sometimes labeled as “pork shoulder “ or “fresh pork shoulder”. We typically do not have our shoulders smoked.

## Primal Cut - Loin

- ***Tenderloin*** - This is a very lean cut of meat, so be careful not to overcook it. Can be roasted but also great for pan-searing, stir-fry.
- ***Loin Roast*** - The loin is more tender and has less connective tissue than the shoulder, so these roasts will do well in the oven for roasting. If a pork roast is labeled “pork roast” it is very likely to be a loin roast.
- ***Pork Chops*** - These may be one of the most confusing cuts out there because different style chops need to be prepared very differently. Pork chops are to pork what steak is to beef. And much like beef steak, not all chops are the same! The labeling on these has been a little inconsistent (many just say “pork chops”), so you may need to use the descriptions below to figure out which chops you are working with.
    - ***Blade Chops*** - cut from the shoulder end of the loin. Since the shoulder is in general a less tender cut, these are no exception. You would not want to just throw these on the grill or quickly pan-fry them - they want a slow-cooking treatment. But if prepared correctly they are very flavorful and juicy.
    - ***Loin Chops*** - cut from farther down on the loin. They often look like a ribeye steak with a bone that runs along the side along with a roundish section of loin. These are more tender and great for pan searing, grilling or braising.
- ***Country Style Ribs*** - Cut from the upper rib cage portion of the loin. Similar to a blade chop these ribs thrive with slow cooking.

## Sausage

We currently offer breakfast, hot, chorizo, garlic, and ground pork (ie no seasonings). All of the seasonings in our sausage are certified organic.

## Hot Dogs & Kielbasa

Our hot dogs are a roughly 50-50 mix of pork and beef.

## Gluten

All of the added ingredients are gluten-free, although our butcher is not officially a gluten-free facility.