

Grilled Pineapple Berkshire Pork Chops

Step 1. Make the marinade by whisking together:

- 1 cup soy sauce
- 1/4 cup water
- 1 tbsp sesame oil
- 1/2 cup brown sugar
- 1/4 tsp ground ginger
- 1/2 tbsp garlic powder
- 2 tbsp ketchup
- 1/2 cup pineapple juice

Step 2. Pour marinade over your Berkshire pork chops, bone-in or boneless will work.

Step 3. Turn your grill on medium-heat. Grill pork chops with pineapple rings on top.

Step 4. Once pork chops reach a temperature of 145 degrees, remove pork chops from grill and let rest for 3 minutes.

Step 5. Serve with pineapple rings and scallions.

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Pork Cooking Times and Temperatures
 Pork today is very lean and shouldn't be overcooked. To check doneness, use a cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture. We recommend cooking pork chops, roasts, and tenderloins to an internal temperature between 145°F (medium rare) and 160°F (medium), followed by a 3 minute rest. Larger cuts like tenderloin are designated as tender, like very small cuts or larger cuts that cook slowly at low temperatures. Ground pork, should be cooked to 160°F. Pre-cooked ham can be reheated to 140°F or enjoyed cold.

COOKING METHOD	CUT	THICKNESS/WEIGHT	Internal Temp (followed by 3min. rest)	Average Cook time (min. per lb. OR total min.)
Roasting/Baking	Ham, fully cooked		140°F	
	Loin Chops (bone-in)	5-6 lbs. 1/2 inch 3/4 inch 1 inch	145-160°F	20 min./lb.
Roasting/Baking	Loin Chops (boneless)	1/2 inch 3/4 inch 1 inch	145-160°F	16-17 min. 21-22 min. 30-31 min.
	Pork Back Ribs	1/2 inch 3/4 inch 1 inch	145-160°F	17-19 min. 26-28 min. 34-36 min.
	Country-Style Ribs	1 1/2-2 lbs. per rack	Tender	1 1/2 hrs.
	Spareribs (St. Louis Style)	3-4 lbs.	Tender	1-1 1/4 hrs.
	Pork Crown Roast	3 1/2-4 lbs. per rack	Tender	1 1/2 hrs.
	Rack of Pork	10 lbs.	Tender	1 1/2 hrs.
	Sirloin Pork Roast	4-5 lbs.	145-160°F	12-15 min. per lb.
	Ribeye (Center Rib) Pork Roast	2 lbs. 3-3 lbs.	145-160°F	25-40 min. per lb.
	New York (Top Loin) Pork Roast	16-17 lbs. 18-20 lbs.	145-160°F	26-28 min. per lb. 20-25 min. per lb.
	Sirloin Pork Roast	3-4 lbs.	160°F	15 min. per lb. 13-14 min. per lb.
Roasting/Baking	Ribeye (Center Rib) Pork Roast	1/2 inch 3/4 inch 1 inch	145-160°F	30 min. per lb. 55-85 min. per lb.
	Fresh Leg/Uncured Ham (bone-in)	2 1/2-3 lbs.	145-160°F	15-17 min. 23-25 min. 30-33 min.
	Fresh Leg/Uncured Ham (boneless)	16-17 lbs. 18-20 lbs.	145-160°F	26-28 min. per lb. 20-25 min. per lb.
	Shoulder (roast at 275°F)	3-4 lbs.	145-160°F	30 min. per lb.
	Pork Steaks (boneless)	3-4 lbs.	160°F	15 min. per lb. 13-14 min. per lb.
	Pork Belly (roast at 325°F and at 450°F)	1/2 inch 3/4 inch 1 inch	145-160°F	30 min. per lb. 55-85 min. per lb.
	Stuffed Pork Loin Chops	2 1/2-3 lbs.	145-160°F	15-17 min. 23-25 min. 30-33 min.
	Tenderloin (roast at 425°F)	1 1/4-1 1/2 lbs.	160°F	45 min. per lb. at 325°F + 15 min. browning at 450°F
	Whole Pork Loin (boneless)	1-1 1/4 lbs.	160°F	Varied (based on type of stuffing)
	Ground Pork Patties	1/2 inch	145-160°F	20-35 min.
Grilling	Loin Kabobs	1-1 1/4 lbs.	145-160°F	8-11 min. per lb.
	Tenderloin	1-1 1/4 lbs.	145-160°F	8-11 min. per lb.
	Porterhouse (Loin) Pork Chop	1-1 1/4 lbs.	145-160°F	8-10 min.
	Ribeye (Rib) Pork Chop	3/4 inch 1 inch 1 1/2 inch	145-160°F	8-10 min. 10-12 min. 13-14 min.
	Sirloin Pork Chop	3/4 inch 1 inch 1 1/2 inch	145-160°F	20-30 min. 20-21 min. 20-21 min.
	New York (Top Loin) Pork Chop	3/4 inch 1/2 inch 3/4 inch 1 1/2 inches	145-160°F	8-12 min. 8-12 min. 8-12 min. 8-12 min.
	Ribeye (Rib) Pork Chop	3/4 inch 1/2 inch 3/4 inch 1 inch	145-160°F	8-12 min. 8-12 min. 8-12 min. 8-12 min.
	Sirloin Pork Chop	3/4 inch 1 inch 1 1/2 inches	145-160°F	6-7 min. 12-14 min. 23-25 min.
	Blade Pork Steak	3/4 inch	145-160°F	8-12 min.
	Ham steaks, bone-in	1/2 inch	140°F	17-19 min. 8-12 min. 10-12 min. 5 min.