



▶ Hams, Hams, Hams



▶ Charts & Terms



▶ Ham It Up

Ham for the HOLIDAYS

Fresh, cook-before-eating, cooked, picnic, country types ... knowing how to store and cook different hams can be quite confusing.

Hams may be fresh, cured, or cured-and-smoked. Ham is the cured leg of pork. Fresh ham is an uncured leg of pork. Fresh ham will bear the term "fresh" as part of its name and is an indication that the product is not cured.

The usual color for cured ham is deep rose or pink; fresh ham (which is not cured) has the pale pink or beige color of a fresh pork roast.

Hams are either ready to eat or not. Ready-to-eat hams include prosciutto and cooked hams; they can be eaten out of the package. Hams that must be cooked will bear cooking instructions & safe handling methods.

Hams that are not ready to eat, but have the appearance of ready-to-eat products, will display a prominent statement indicating the product needs cooking. In addition, the label must display cooking directions.

Smoking and Smoke Flavoring

After curing, some hams are smoked. Smoking is a process by which ham is hung in a smokehouse and allowed to absorb smoke

from smoldering fires, which gives added flavor and color to meat and slows the development of rancidity. Not all smoked meat is smoked from smoldering fires. A popular process is to heat the ham in a smoke house and generate smoke from atomized smoke flavor.

Quantity to Buy

When buying a ham, estimate the size needed according to the number of servings the type of ham should yield:

- 1/4 - 1/3 lb. per serving of boneless ham
- 1/3 - 1/2 lb. of meat per serving of bone-in ham

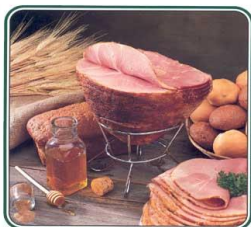
Cooking or Reheating Hams

Both whole & half, cooked, vacuum-packaged hams packaged in federally inspected plants & canned hams can be eaten cold just as they come from their packaging.

If you want to reheat these cooked hams, set the oven no lower than 325°F and heat to an internal temperature of 140°F, as measured with a food thermometer.

Spiral-cut cooked hams are also safe to eat cold. The unique slicing method, invented in

1957, solves any carving difficulties. These hams are best served cold because heating sliced whole or half hams can dry out the meat & cause the glaze to melt and run off. However, if reheating is desired, they must be heated to 140°F as measured with a food thermometer (165°F for leftover spiral-cut hams). To reheat a spiral-sliced ham in a conventional oven, cover the ham or portion with heavy foil and heat at 325°F for about 10 minutes per pound. Individual slices may also be warmed in a skillet or microwave.



Cook-before-eating hams or fresh hams must reach 160°F to be safely cooked. Cook in an oven set no lower than 325°F. Hams can also be safely cooked in a microwave oven, other countertop appliances & on the stove. Consult a cookbook for specific methods and timing.

Country hams can be soaked 4 to 12 hours or longer in the refrigerator to reduce the salt content before cooking. Then they can be cooked by boiling or baking.

HAM GLOSSARY

CANNED HAM: "Canned Meat with Natural Juices" is acceptable for product that has been pumped or contains up to 10% of a solution before canning and processing. Processed, canned, uncured meat products (when water or broth is added to the can) may not be called "with natural juices." The acceptable name would be "with juices." Canned hams come in two forms:

- Shelf stable - Can be stored on the shelf at room temperature to 2 years. It is generally not over 3 pounds in size. Processed to kill all spoilage of bacteria & pathogenic organisms such as *Clostridium botulinum*, *Salmonella* and *Trichinella spiralis*. This product is free of micro-organisms capable of growing at ordinary room temperature.

However, high temperature storage — above 122°F — may result in harmless thermophilic bacteria multiplying and swelling or souring the product.

- Refrigerated – It may be stored in the refrigerator for up to 6 to 9 months. Its weight can be up to 8% more than original uncured weight due to the uptake of water during curing. It need not be labeled "Added Water" except for "In Natural Juices." Net Weight is the weight of the actual ham excluding the container. It is processed at a time temperature sufficient to kill infectious organisms (including *Trichinae*); however, the ham is not sterilized so spoilage bacteria may grow eventually.

COOK BEFORE EATING: Needs cooking or further cooking. Is not cooked or heat treated in the plant and should be cooked to a safe minimum internal temperature of 160°F.

COTTAGE "HAM": A cut from the top end of the shoulder, known as the shoulder butt, cured in brine. Because it is not from the hind leg of the hog, it doesn't meet the definition of ham. The meat is not cooked.

COUNTRY HAM, COUNTRY-STYLE HAM or DRY CURED HAM, and COUNTRY PORK SHOULDER, COUNTRY STYLE PORK SHOULDER, or DRY CURED PORK

SHOULDER: The uncooked, cured, dried, smoked or un-smoked meat food products made respectively from a single piece of meat conforming to the definition of "ham," or from a single piece of meat from a pork shoulder. It is prepared by the dry application of salt or by salt and one or more optional ingredients: nutritive sweeteners, spices, seasonings, flavorings, sodium or potassium nitrate, and sodium or potassium nitrite. They may not be injected with curing solutions nor placed in curing solutions. The product must be treated for the destruction of possible live trichinae.



FULLY COOKED or **COOKED**: Needs no further cooking because it is fully cooked at the establishment where it was produced and packaged. Product can be eaten directly as it comes from its packaging or reheated.

HALF HAM: "Half Ham" is permitted on labels for semi-boneless ham products which have had the shank muscles removed during processing. The two halves of the finished product have approximately an equal amount of bone. The term "No Slices Removed" has also been deemed suitable for use with a ham item referred to as "Half Ham."

HAM, FRESH (or uncured): The uncured leg of pork. Since the meat is not cured or smoked, it has the flavor of a fresh pork loin roast or pork chops. Its raw color is pinkish red and after cooking, grayish white. Ham that does not contain a cure must be labeled either "Fresh" or "Uncured" – prepared without nitrate or nitrite. This also applies to cooked product, therefore must be labeled cooked product "Cooked Uncured Ham."

HAM, SMITHFIELD: This is an aged, dry-cured ham made exclusively in Smithfield, Virginia. The use of the words "brand" or "style" does not eliminate this requirement.

HAM STEAK: Another name for ham slices.

HAM – WATER ADDED: The product is at least 17.0% protein with 10% added solution.

HAM with NATURAL JUICES: The product is at least 18.5% protein.

HICKORY-SMOKED HAM: A cured ham, smoked by hanging over burning hickory wood chips in a smokehouse. May not be labeled "hickory smoked" unless hickory wood was used. Atomized liquid hickory smoke and heat can produce "hickory smoke."

HONEY-CURED: May be shown on the label of a cured product if (1) the honey used

contains at least 80% solids or is U.S. grade C or above; (2) honey is the only sweetening ingredient or other sweetening ingredients are used in combination with honey; and (3) honey is used in an amount sufficient to flavor and/or affect appearance of product.

"LEAN" HAM: The term "lean" is used on a ham's label provided the product contains less than 10g fat, 4.5g or less of saturated fat, and less than 95mg cholesterol per 100g.

'EXTRA LEAN" HAM: A ham labeled "extra lean" must contain less than 5g fat, less than 2g saturated fat, and the same cholesterol as allowed per the amount of "lean" ham.

PORK SHOULDER PICNIC: A front shoulder cut of pork. The term "picnic" cannot be used unless accompanied with the primal or sub-primal cut. Pork shoulder picnic is not always a cured item. A shoulder "picnic" comes from the lower portion of the shoulder.

PROSCIUTTO: Italian for ham, dry cured. The product name "Prosciutto" is acceptable on labeling to identify a dry-cured ham. An Italian-style dry cured raw ham; not smoked; often coated with pepper. Prosciutto can be eaten raw because the low water content prevents bacterial growth.

PROSCIUTTO, COOKED: The product named "Cooked Prosciutto" is acceptable on labeling to identify a cooked Prosciutto.

SUGAR CURED: May be used on the labeling of a cured product (1) if the sugar used is cane or beet sugar; (2) sugar is the only sweetening ingredient or when other sweetening ingredients are used in combination with sugar, not to exceed ½ the amount of sugar used; and (3) sugar is used in an amount sufficient to flavor and/or affect the appearance of the finished product.

WESTPHALIAN HAM: A German-style dry cured ham, similar to Prosciutto; smoked, sometimes made with juniper berries.

Spiral Ham w/ Cranberry Glaze

- 1 (8 lb) fully cooked spiral-sliced ham
- 1 (16 oz) can whole-berry cranberry sauce
- 1 (12 oz) package fresh or frozen cranberries
- 1 (12 oz) jar red currant jelly
- 1 cup light corn syrup
- ½ teaspoon ground ginger

Place ham on a rack in a shallow roasting pan. Cover & bake at 325°F for 2½ hours. For glaze, combine the remaining ingredients in saucepan; bring to a boil. Reduce heat; simmer, uncovered, until cranberries pop, stirring occasionally. Remove from heat; set aside.

Uncover ham; bake 30 minutes longer or until a meat thermometer reads 140°, basting twice with 1½ cups glaze. Serve remaining glaze with ham. Yield: 12-16 servings.

1 slice = 439 calories, 5g fat (2g sat. fat), 50mg cholesterol, 2,072mg sodium, 59g carbohydrate, 1g fiber, 41g protein

Cider Baked Country Ham

- ½ (5-7 lbs.) bone-in fully cooked ham
- 2 quarts apple cider or apple juice
- 1 ½ teaspoons whole peppercorns
- 1 bay leaf
- Whole cloves
- 1 cup applesauce
- 1 tablespoon prepared horseradish
- 2 teaspoons ground mustard

Place ham in a Dutch oven or large kettle. Add cider, peppercorns & bay leaf. Add enough water just to cover; bring to a boil. Reduce heat; cover and simmer for 1 hour.

Drain, reserving 3 cups liquid; discard peppercorns and bay leaf. Remove skin from ham if desired; score the surface with shallow, diamond-shape cuts. Insert whole cloves in the center of each diamond. Combine applesauce, horseradish and mustard; rub over ham.

Place ham on a rack in shallow roasting pan; pour reserved liquid into pan. Bake, uncovered, at 350° for 1 hour or until a meat thermometer reads 140°. Remove from the oven; cover with foil and let stand for 10-15 minutes before slicing. Yield: 16-20 servings.

1 slice = 278 calories, 14g fat (5g sat. fat), 59mg cholesterol, 1,537mg sodium, 14g carbohydrate, trace fiber, 22g protein



Cranberry-Apple Ham Slices

- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- Dash ground allspice
- ½ cup cranberry juice
- 1 small apple, peeled and chopped
- ½ cup fresh or frozen cranberries
- 1 boneless fully-cooked ham steak (1 pound)

In a microwave-safe bowl, combine the brown sugar, cornstarch & allspice. Stir in cranberry juice until smooth. Add apple and cranberries; mix well. Microwave, uncovered, on high for 3-5 minutes or until thickened, stirring every minute. Keep warm.

Place ham slice in a shallow 3-quart microwave-safe dish. Cover and microwave at 70% power for 3-5 minutes or until heated through. Top with fruit mixture.

¼ recipe = 238 calories, 10g fat (3g sat. fat), 60mg cholesterol, 1,451mg sod., 17g carbohydrate, 21g protein

Easy Baked Ham

- 1 (10 pound) pre-cooked ham
- ½ can cola-flavored carbonated beverage

Preheat oven to 275°F. Remove excess fat from ham. Place in a large roasting oven bag; place in a baking dish. Pour cola over ham; remove air and seal bag. Prick a few holes in bag to let steam escape and bake for 4-5 hours. Pour off excess juice and slice.



If you have any questions, please call (870) 779-3609, e-mail Chaley@uaex.edu or visit Room 215 in the Miller County Courthouse, 400 Laurel, Texarkana.

Sincerely,

Carla M. Haley
Co. Extension Agent-Family & Consumer Sciences

CMH:jds

TIMETABLE FOR COOKING HAM

NOTE: Set oven to 325 °F. Both cook-before-eating cured & fresh hams should be cooked to 160 °F. Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F.

Cut	Weight/lbs	Minutes/lb
SMOKED HAM, cook-before-eating		
Whole, bone in	10 to 14	18 to 20
Half, bone in	5 to 7	22 to 25
Shank or Butt Portion, bone in	3 to 4	35 to 40
Arm Picnic Shoulder, boneless	5 to 8	30 to 35
Shoulder Roll (Butt), boneless	2 to 4	35 to 40
SMOKED HAM, cooked		
Whole, bone in	10 to 14	15 to 18
Half, bone in	5 to 7	18 to 24
Arm Picnic Shoulder, boneless	5 to 8	25 to 30
Canned ham, boneless	3 to 10	15 to 20
Vacuum packed, boneless	6 to 12	10 to 15
Spiral cut, whole or half	7 to 9	10 to 18
FRESH HAM, uncooked		
Whole leg, bone in	12 to 16	22 to 26
Whole leg, boneless	10 to 14	24 to 28
Half, bone in	5 to 8	35 to 40
COUNTRY HAM		
Whole or Half. (Soak 4 to 12 hours in refrigerator. Cover with water and boil 20 to 25 minutes per pound. Drain, glaze, and brown at 400 °F for 15 minutes.)		

HAM STORAGE CHART

NOTE: Freezer storage is for quality only. Frozen hams remain safe indefinitely.

Type of Ham	Refrigerate	Freeze
Fresh (uncured) Ham, uncooked	3 to 5 days	6 months

Fresh (uncured) Ham, cooked	3 to 4 days	3 to 4 months
Cured Ham, cook-before-eating; uncooked	5 to 7 days or "use-by" date*	3 to 4 months
Cured Ham, cook-before-eating; after consumer cooks it	3 to 5 days	1 to 2 months
Cooked Ham, vacuum sealed at plant, <i>undated</i> ; unopened	2 weeks	1 to 2 months
Cooked Ham, vacuum sealed at plant, <i>dated</i> ; unopened	"Use- by" date*	1 to 2 months
Cooked Ham, vacuum sealed at plant, undated or dated; <i>opened</i>	3 to 5 days	1 to 2 months
Cooked Ham, whole, store wrapped	7 days	1 to 2 months
Cooked Ham, half, store wrapped	3 to 5 days	1 to 2 months
Cooked Ham, slices, store wrapped	3 to 5 days	1 to 2 months
Spiral-cut hams and leftovers from consumer-cooked hams	3 to 5 days	1 to 2 months
**Country Ham, uncooked, cut	2 to 3 months	1 month
Country Ham, cooked	7 days	1 month
Canned Ham, labeled "Keep Refrigerated," unopened	6 to 9 months	Do not freeze
Canned Ham, labeled "Keep Refrigerated," <i>opened</i>	7 days	1 to 2 months
***Canned Ham, shelf stable, opened	3 to 4 days	1 to 2 months
Lunch Meat Ham, sealed at plant, unopened	2 weeks or "use-by" date*	1 to 2 months
Lunch Meat Ham, sealed at plant, <i>after opening</i>	3 to 5 days	1 to 2 months
Lunch Meat Ham, sliced in store	3 to 5 days	1 to 2 months
Prosciutto, Parma or Serrano Ham, dry Italian or Spanish type, cut	2 to 3 months	1 month

*Company determines its "use-by" date and stands by it. ** A whole, uncut country ham can be safely stored at room temperature up to 1 year. It is safe after 1 year, but quality may suffer. *** An unopened shelf-stable canned ham may be stored 2 years at room temperature.