Selecting and Preparing A Ham

Step 3: Loosen slices by locating leg bone and making cut parallel and close to leg bone.

CARVING A SPIRAL SLICED HAM

Step 1: Make a cut along the leg bone to loosen pre-sliced ham slices.

Step 2: After top slices are removed, additional slices can be made on both sides of leg bone to easily remove bottom slices.

After carving, ham remaining on bones can be further trimmed and consumed or used as ingredient in soups.

ADDITIONAL HAM INFORMATION

- Ham serving size equals approximately 6-8 ounces per person
- Servings per ham:
  - Whole Ham = 30-40 people
  - Half Ham = 15-20 people
- Ham Storage:
  - 12 to 14 days refrigerated
  - Freeze for up to 6 months if refrigerated storage is over 14 days.

Helpful Ham Links

Cooks Ham:  www.cooksham.com
Hormel Foods:  www.hormel.com
The Honeybaked Ham Co :  www.honeybaked.com

University of Wisconsin Meat Laboratory

University of Wisconsin
Department of Animal Sciences
1805 Linden Drive
Madison, WI 53706
Phone: 608 / 262-0555
Fax: 608 / 262-3110
STYLES OF HAM

**Bone-in:**
All bones remain. Traditional and attractive ham.

**Semi-boneless:**
All bones except leg bone is removed. Less shank meat present. A higher % of high quality ham.

**Boneless**
All bones are removed. Ham muscles are bound back together. More convenient and more uses than bone-in or semi-boneless.

CLASSIFICATIONS OF HAM

**Ham**
0 to 5% added ingredients (water, salt, sugar, etc.) over raw ham weight. This ham is slightly dry and tough.

**Ham, Natural Juices**
10 to 12% added ingredients (water, salt, sugar, etc.) over raw ham weight. This ham is moist, juicy and very high in quality. A great “special occasion” ham.

**Ham, Water Added**
20 to 25% added ingredients (water, salt, sugar, etc.) over raw ham weight. This ham is very juicy and has a moist texture. A great all-purpose ham for sandwiches to Sunday dinners.

**Ham, X% Added Ingredients**
35 to 40% added ingredients (water, salt, sugar, etc.) over raw ham weight. This ham is extremely moist and has the least desirable ham texture. The least expensive of the four and useful when on a budget or in need of large quantities of ham.

HAM BAKING GUIDELINES

<table>
<thead>
<tr>
<th>Type of Ham</th>
<th>Cooking Time Per Pound</th>
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</thead>
<tbody>
<tr>
<td>Whole– Boneless</td>
<td>15 to 18 minutes at 325°F</td>
</tr>
<tr>
<td>Whole– Bone-in</td>
<td>15 to 18 minutes at 325°F</td>
</tr>
<tr>
<td>Half– Boneless</td>
<td>18 to 24 minutes at 325°F</td>
</tr>
<tr>
<td>Half– Bone-in</td>
<td>18 to 24 minutes at 325°F</td>
</tr>
<tr>
<td>Spiral Cut Ham</td>
<td>10 to 14 minutes at 275°F</td>
</tr>
<tr>
<td>Baked Ham</td>
<td>10 to 14 minutes at 275°F</td>
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</tbody>
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CARVING A BONE-IN HAM

Step 1: Remove a few slices from one side of ham to build a “carving platform”

Step 2: Lay ham on “platform” and cut ham slices towards the leg bone.

COOKING A HAM

Roast hams to the following internal temperatures:
- Ready-To-Eat Ham: 160°F
- Baked Ham: 160°F
- Ready-To-Cook Ham: 165°F

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