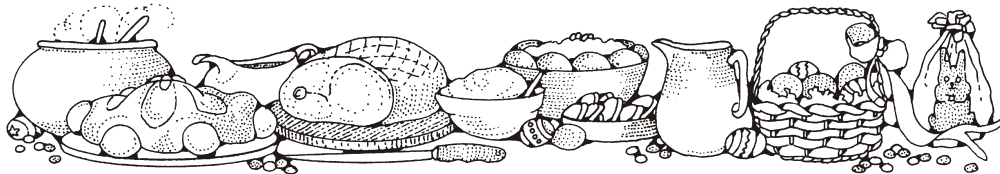


Food Fact Sheet



HOLIDAY HAMS

The word **HAM** means pork which comes from the hind leg of a hog. Ham made from the front leg of a hog will be labeled "pork shoulder picnic." "Turkey" Ham must be made from the thigh meat of the turkey.

Hams may be fresh, cured, or cured-and-smoked. 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; country hams and prosciutto (which are dry cured) range from pink to mahogany color.

QUANTITY TO BUY

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

- $\frac{1}{4}$ - $\frac{1}{3}$ lb. serving of boneless ham
- $\frac{1}{3}$ - $\frac{1}{2}$ lb. of meat per serving of ham with little bone
- $\frac{3}{4}$ - 1 lb. of meat per serving of ham with large bone.

COOKING OR REHEATING HAMS

Both vacuum-packaged fully cooked and canned hams can be eaten cold just as they come from their packaging. However, if you want to reheat these fully cooked hams, set the oven no lower than 325° and heat to an internal temperature of 140° as measured with a meat thermometer.

For fully cooked ham that has been repackaged in any other location outside the plant or for leftover fully cooked ham, heat to 165°.

Cook-before-eating hams must reach 160° to be safely cooked before serving. Cook in an oven set no lower than 325°. Hams can also be safely cooked in a microwave oven, other counter-top appliances and on the stove top. 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. Follow the manufacturer's cooking instructions.

HAM GLOSSARY

Canned Ham – Canned hams come in two forms:

- **Shelf stable** – store on shelf up to 2 years at room temperature. Generally not over 3 pounds in size. Processed to kill all spoilage bacteria and pathogenic organisms such as *Clostridium botulinum*, *Salmonella* and *Trichinella spiralis*. The product is free of microorganisms capable of growing at ordinary room temperature. However, high temperature storage, above 122°, may result in harmless thermophilic bacteria multiplying and swelling or souring the product.
- **Refrigerated** – may be store in refrigerator up to 6 to 9 months. Its weight can be up to 8% more than original uncured weight due to 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. Processed at a time/temperature sufficient to kill infectious organisms (including *Trichinae*) but the ham is not sterilized so spoilage bacteria may grow eventually.

Cook before Eating – needs further cooking. Is not completely cooked in the plant and should be cooked to 160°.

Country Ham - uncooked, cured, dried, smoked-or-unsmoked meat products made from a single piece of meat from the hind leg of a hog or from a single piece of meat from a pork shoulder. Smithfield and country hams are not fully cooked but are dry cured to be safe stored at room temperature. They should be cooked before eating according to manufacturer's instructions. A ham labeled "Smithfield Ham" must be processed in the city of Smithfield, Virginia.

Fresh Ham - 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, greyish white.

Fully Cooked - needs no further cooking. Fully cooked in plant. Can be eaten directly as it comes from its packaging or reheated.

Picnic, Pork Shoulder Picnic - a front shoulder cut of pork which has been cured in the same manner as ham.

Prosciutto Ham - An Italian-style dry cured raw ham; not smoked; often coated with pepper. Prosciutti can be eaten raw because of the way they are processed. **Parma Ham** is prosciutto from the Parma locale in Italy. These hams tend to be larger than the U.S. produced product, as Italian hogs are larger at slaughter.

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
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
After consumer cooks it	3 to 5 days	1 to 2 months
Fully Cooked Ham, vacuum sealed at plant		
Undated; unopened	2 weeks	1 to 2 months
Dated; unopened	Use by date*	1 to 2 months
Undated or dated; opened	3 to 5 days	1 to 2 months
Fully Cooked Ham, store wrapped		
Whole	7 days	1 to 2 months
Half	3 to 5 days	1 to 2 months
Slices	3 to 5 days	1 to 2 months
Country Ham**		
Uncooked, cut	2 to 3 months	1 month
Cooked	7 days	1 month
Canned Ham		
Labeled "Keep Refrigerated," unopened	6 to 9 mos	Do not freeze
Labeled "Keep Refrigerated," opened	7 days	1 to 2 months
***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
Sealed at plant, after opening	3 to 5 days	1 to 2 months
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 stands by its "Use-by" date.

** A whole, uncut Country Ham can be stored safely at room temperature for up to 1 year. After one year, the ham is safe but the quality may suffer.

*** An unopened Shelf Staple Canned Ham may be stored at room temperature for 2 years.

TIMETABLE FOR COOKING HAM

NOTE: Set oven temperature to 325° and use these temperatures:

Both **cook-before-eating cured and fresh hams** should be cooked to 160°.

- Reheat **fully cooked ham** to 140°.
- For **fully cooked ham** that has been repackaged in any other location outside the plant or for leftover fully cooked ham, heat to 165°.

Using a food thermometer is the only way to accurately determine a safe internal temperature is reached.

CUT	WEIGHT (Pounds)	MINUTES (per pound)
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, fully 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	14 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
Arm Picnic Shoulder, bone in	5 to 8	30 to 35
Arm Picnic Shoulder, boneless	3 to 5	35 to 40
Country Ham		
Whole or Half (Soak 4 to 12 hrs in refrigerator; then boil, covered with water. Drain, glaze and brown at 400° - 15 minutes)	10 to 16, whole 5 to 8, half	20 to 25

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