There are several different types of fully-cooked hams to choose from:

**Bone-In or Boneless** - Most people feel that hams with the bone still in are more flavorful; however, hams with the bone removed are easier to carve.

**Spiral-Sliced** - These are usually bone-in hams that have been pre-sliced into a continuous shape for convenient serving. The difficulties of carving a bone-in ham are solved, however the slices may tend to dry out because they are pre-cut.

**Dinner Hams** - Dinner hams are made of meat that is shredded and packed in a "football" shape. These usually have added water and so are less expensive than whole hams.

**Flavoured** - Some hams will come with additional flavouring such as maple or Black forest.

**Cooking Instructions**

- Fully-cooked hams are best if heated through and served with a glaze.
- Pre-heat the oven to 325°F (160°C) and cook, uncovered, until an internal temperature of 140°F (60°C) is reached (use a meat thermometer to check that ham has reached correct temperature). A fully-cooked whole ham will take about 15 to 18 minutes per pound (500 g); while a fully-cooked half-ham will need about 18 to 24 minutes per pound (500 g).
- Fresh (uncooked) ham or pork leg needs to be cooked to an internal temperature of 160°F (71°C) just like a pork roast.
- Never baste ham with its drippings during cooking or it will be too salty. Instead, prepare a glaze and apply it during the final 30 minutes of cooking.

- Whether the centerpiece of a holiday meal or the key to a delicious sandwich; the appeal of ham is far reaching. The classic hams found at local grocery stores and butcher shops are produced from lean cuts of pork that have been either smoked, cured, dry salted or a combination of these methods. This guide will provide tips about selection, cooking, storage and recipes for your favorite hams.

**Ham Glazes**
- **Old Fashioned Glaze:** Combine 2 cups (500 mL) brown sugar with 2 Tbsp (30 mL) all-purpose flour, 2 Tbsp (30 mL) corn syrup, 2 tsp (10 mL) dry mustard, and 3 Tbsp (45 mL) white wine vinegar; mix well.
- **Canadian Maple Glaze:** Combine 1/4 cup (50 mL) Dijon mustard with 1/4 cup (50 mL) maple syrup and 1/2 tsp (2 mL) dried thyme; mix well.
- **Maple-Ginger Glaze:** Combine 1/4 cup (125 mL) maple syrup, 2 Tbsp (30 mL) all-purpose flour, 1 Tbsp (15 mL) CHINESE Dijon mustard and lemon juice and a dash of powdered ginger.

**Slow Cooker Scalloped Potatoes with Ham**

**Yield:** Serves 8

**Cooking Time:** 4 hours (in slow cooker)

**Preparation Time:** 20 minutes

**Ingredients**
- 3/4 lb (350 g) cooked ham, diced (about 1-1/2 cups)
- 1 cup (250 mL) Cheddar cheese, shredded
- 1/2 cup (125 mL) onion, chopped
- 10 fl oz (284 mL) can of condensed cream of mushroom soup
- 1/2 cup (125 mL) water
- 1/2 tsp (2 mL) garlic powder
- 1/4 tsp (1 mL) black pepper
- 3 lbs (1.5 kg) potatoes, peeled and thinly sliced (about 8)

**Cooking Instructions**

1. In a medium bowl, mix together all ingredients except the potatoes, stir until smooth. Gently add in sliced potatoes and stir lightly to coat. Place in a slow cooker; cover and cook on HIGH for 4 hours (or 8 hours on LOW). Serve as a side dish or a side salad for a delicious main meal.

**Ham Facts**

- Ham refers to the hind leg of a pig that has been cured by saltting and drying, and usually smoking. Generality the term "ham" only applies to other cuts of pork. For example, deli ham is considered a ham and it contains from the loin, while a cottage ham from the shoulder is also considered a ham.

- Smoking is a method of preserving pork that predates ancient Egyptian times. It was found that smoking meats not only gave a pleasant flavour, but also helped to preserve them.
Peameal Bacon or Smoked Pork Loin
Both peameal bacon and smoked pork loin come from the rib end of the center-cut loin. They are both boneless, uncooked and can come as a whole or in slices. The only difference is that peameal bacon is not smoked.

Mini Ham Quiches
Yield: Makes 12 to 15 mini quiches
Cooking Time: 30 minutes

Ingredients
- 1 pkg (1 lb/450 g) frozen puff pastry
- 1/2 cup (125 mL) shredded Swiss Cheese
- 1/2 cup (125 mL) diced cooked ham
- 1/3 cup (75 mL) chopped green onions
- 2 eggs
- 3/4 cup (175 mL) sour cream
- 1/4 tsp (1 mL) ground black pepper
- Pinch nutmeg

Cooking Instructions
1. Thaw puff pastry & pre-heat oven to 400°F (200°C).
2. Roll out the pastry: roll out pastry and cut into 3 1/2 inch (9 cm) rounds.
3. Press pastry rounds into individual 2 1/2 inch (6.5 cm) wide foil muffin containers or muffin pans.
4. Fill evenly with cheese, ham, and green onions.
5. Combine eggs, sour cream, salt, pepper, and nutmeg.
6. Spoon egg mixture over the fillings, so that the filling is covered without reaching the lip of the crust.
7. Bake for 30 minutes or until tops are lightly browned.

Safe storage of ham
As with all meat, ham must be kept in the refrigerator before and after serving. Before cooking, you can store a unopened ham in its original packaging up to the “best before” date.

For longer storage, ham can be frozen for up to 2 months, but this is not recommended because the freezing tends to affect the taste and texture.

If you do freeze your ham, the safest way to thaw a frozen ham is to leave it in its original wrapping and thaw it in the refrigerator – it will take about 5 hours per pound (500 g) to thaw.

Leftover cooked ham should be tightly wrapped and stored for 1 to 2 hours of cooking. Do not keep or eat leftover ham for more than 5 days.

Ham leftovers
Leftover ham is great for sandwiches, or choose from the salads, cocktails, or other recipes.

For added protein and flavour, cut leftover ham into small cubes and add to scrambled eggs, pizza, canned beans, po’ soup, or to macaroni and cheese.

Ham in a loaf and perfect any time of the year. A 10 lb (4.5 kg) piece will have about 96 kcal and 3.5 g (1.6 g) saturated fat. Ham is high in sodium so reduce the amount of salt when you are using ham in your favourite recipes.

*Source Health Canada 2007b Nutrient Nutr 0 data

TIP: Preparing for a special occasion? Consider your portions - each pound (500 g) of boneless ham will serve 2-3 people while each pound (500 g) of bone-in ham will serve 1-2 people.