



Ham Guide

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 favourite hams.

Fully-Cooked Smoked Hams Bone-In and Boneless

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 flavourful; 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 chopped 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.



FACT: Ham refers to the hind leg of a pig that has been cured by salting and drying, and usually smoking. More generally the term “ham” can refer to other cuts of pork. For example, peameal bacon is considered a ham and it comes from the loin, while a cottage roll from the shoulder is also considered a ham.

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) EACH 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 add a side salad for a delicious main meal.

FACT: 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.

Cottage Roll

The top end of the shoulder is cured in brine and not smoked, otherwise known as “sweet pickled”. Usually boneless cottage rolls need to be boiled due to their high salt content. To cook, leave in netting and rinse with water. Place in large pot and cover with water (or ginger ale). If using water, spice with a bay leaf, garlic and cloves. Bring water to a boil then reduce heat and simmer for 35 minutes per pound until an internal temperature of 160°F (71°C) is reached. Use for sandwiches, salads or in any recipe calling for ham.

Smoked Pork Picnic Shoulder

From the lower front portion of the shoulder this cut can either be boneless or bone-in, skin on, smoked and cured, uncooked and netted. To cook this cut place in a large pot and cover with water. Bring to a boil. Reduce heat and cover pot with lid. Simmer over low heat for 2 to 2 1/2 hours or until a meat thermometer registers 160°F (71°C). Remove skin after cooking and glaze if you wish.



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.

Peameal bacon is generally rolled in cornmeal, giving it a yellow crust. Cornmeal improves the appearance but has no effect on overall flavour.

To cook both of these as a whole roast, place the roast in a shallow roasting pan with 1/2 cup (125mL) apple juice or water, cover and bake at 325°F (163°C). A 1.4 lb piece should take roughly one hour. Let stand 10 minutes before serving. If cooking up slices pan-fry or grill until lightly browned and liquid has evaporated.

Prosciutto

The most famous of raw hams, prosciutto hams are dry salted with sea salt for up to one month, then dried without smoking for at least 8 months. Generally available pre-sliced, this ham has skin on, bone in and is cured. No further cooking is required and it is usually served at room temperature on salads or antipasto platters.

Safe storage of ham

As with all meat, hams must be kept in the refrigerator before and after serving. Before cooking, you can store an 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 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 in the fridge within 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 chopped up for salads, stews, soups and other recipes.

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

Ham is lean and perfect any time of the year. A 100g (3.5 oz) piece has about 96 kcal and 3.5 g fat (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 File 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.

Mini Ham Quiches

Yield:

Makes 12 to 15 mini quiches

Cooking Time:

30 minutes

Preparation 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.



ONTARIO PORK



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