



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; mix well.



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

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.