



## How to Select Hams-Picnics

It is difficult today for the average homemaker to buy hams when they are sold under so many different designations such as ready-to-eat, fully-cooked, tender ready, ready-to-serve or cook-before-eating.

There are really only two kinds of hams sold in most stores. They are Fully Cooked or Cook-Before-Eating hams. A fully cooked ham can be served cold without further cooking or it may be reheated (see time chart). Canned hams are also fully cooked. Cook-Before-Eating hams require cooking (see time chart).

Hams are available in various sizes and in several styles as:

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- Bone in, skinless, shankless
- Semi-boneless
- Boneless — shaped into rolls
- Canned hams

Picnics and smoked Shoulder Butts are smoked pork products with characteristics similar to ham and can be purchased either fully-cooked or cook-before-eating similar to hams.



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## How to Store Hams and Picnics

Today's delicious mild-cure hams and picnics differ from those old-style or country-type hams, which were cured in a strong salt-sugar brine to help preserve them. Hams, whether cooked or uncooked, must be handled like fresh meat, and kept refrigerated at all times.

- Use uncooked whole hams and picnics within 2 weeks.
- Use uncooked half hams within 7 days.
- Use cooked whole hams and picnics within 7 days.
- Use sliced ham within 3 days.

Full-sized canned hams must be kept in the refrigerator at all times, as the label very prominently directs.

Small 1½ lb. canned ham pieces may be stored on the pantry shelf.

Don't freeze today's uncooked mild-cure hams and picnics for longer than 1 month. The salt content increases development of rancidity in the fat.

Leftover cooked-ham pieces, removed from bone, can be frozen for as long as 4 to 6 weeks.

Unopened canned hams may be frozen for about 3 months.

Always read storage directions on ham wrapper or can; follow to the letter.

Specialty hams like Smithfield and Tennessee (9 to 16 lbs.) have heavy salt cures, so they may be kept in a cool place for several months.

## How to Bake Hams and Picnics

### BAKING CHART FOR COOK-BEFORE-EATING HAMS AND PICNICS (refrigerated up to time of baking; baked in 325° F. oven)

STYLE	WEIGHT (POUNDS)	*APPROX. TOTAL BAKING TIME	†MEAT THERMOMETER READING
BONE IN FULL BUTT OR SHANK HALF WHOLE	5 to 8	3¼ to 3½ hr.	150° to 155° F.
	8 to 10	3½ hr.	150° to 155° F.
	10 to 12	3½ to 3¾ hr.	150° to 155° F.
	12 to 15	3¾ to 4¼ hr.	150° to 155° F.
	15 to 18	4¼ to 4¾ hr.	150° to 155° F.
	18 to 22	4¾ to 5¾ hr.	150° to 155° F.
BONELESS HALF WHOLE	5 to 8	2½ to 3½ hr.	150° to 155° F.
	10 to 12	3¼ to 4 hr.	150° to 155° F.
	12 to 14	4 to 4½ hr.	150° to 155° F.
PICNIC	4 to 6	2½ to 3 hr.	170° F.
	6 to 8	3 to 4 hr.	170° F.
	8 to 10	4 to 4½ hr.	170° F.

\*Glaze may be applied ½ hr. before baking time is up. Or complete baking; then glaze at 450° F. until brown.

†Indicates internal temperature of ham at end of total baking period. Thermometer may be removed to glaze ham.

### HEATING CHART FOR READY-TO-EAT, FULLY-COOKED HAMS AND PICNICS (refrigerated up to time of heating; heated in 325° oven)

STYLE	WEIGHT (POUNDS)	*APPROX. TOTAL HEATING TIME	†MEAT THERMOMETER READING
BONE IN FULL BUTT OR SHANK HALF WHOLE	5 to 8	1¾ to 2 hr.	130° F.
	8 to 10	2 to 2¼ hr.	130° F.
	10 to 12	2¼ to 2½ hr.	130° F.
	12 to 15	2½ to 3 hr.	130° F.
	15 to 18	3 to 3½ hr.	130° F.
	18 to 22	3½ to 4¼ hr.	130° F.
BONELESS HALF WHOLE	5 to 8	1½ to 2 hr.	130° F.
	10 to 12	1½ to 1¾ hr.	130° F.
	12 to 14	2 hr.	130° F.
PICNIC	4 to 6	2 hr.	130° F.
	6 to 8	2½ hr.	130° F.
	8 to 10	3 hr.	130° F.

\*Glaze may be applied ½ hr. before heating time is up. Or complete heating; then glaze at 450° F. until brown.

†Indicates internal temperature at end of total heating period.

— Dorothy B. Marsh

## How to Glaze a Baked Ham

Thirty minutes before end of baking time,\* remove ham from oven; unwrap. Remove rind; score ham; stud with whole cloves. Using one of the glazes below, spread the ham with part of the glaze and bake another 30 min., adding rest of the glaze in 2 or 3 applications (about every 10 min.). Don't use glaze that has run into drippings; it dulls luster.

HONEY-ORANGE GLAZE: Mix  $\frac{1}{2}$  cup honey or corn sirup with 1 cup brown sugar and  $\frac{1}{2}$  cup orange juice.

MARMALADE GLAZE: Mix 1 cup honey with  $\frac{1}{2}$  cup orange marmalade and dash tabasco.

JELLY GLAZE: With fork, stir  $\frac{1}{2}$  tablesp. dry mustard and 1 to 4 tablesp. horse-radish into 1 cup red jelly.

CRISP TOPPING (use 30-min. method only): Mix 2 cups brown sugar with  $\frac{1}{2}$  cup flour and enough vinegar to make paste (about  $\frac{1}{4}$  cup). Pat onto scored ham.

SUGARY PINEAPPLE GLAZE: Mix  $\frac{3}{4}$  cup canned crushed pineapple,  $\frac{1}{4}$  cup brown sugar. (for Crumb Topping, add  $\frac{3}{4}$  cup fresh bread crumbs,  $\frac{1}{4}$  cup ham drippings.)

CRANBERRY GLAZE: Mix  $\frac{1}{2}$  cup white corn sirup with 1 cup canned whole or jellied cranberry sauce.

GLISTENING GLAZE: Mix 1 cup brown sugar with 1 tablesp. dry mustard; 1 tablesp. bottled horse-radish; and  $\frac{1}{2}$  cup pineapple, orange, or other fruit juice, or canned crushed pineapple or applesauce.

APRICOT-PINEAPPLE GLAZE: Combine 1 cup brown sugar,  $\frac{1}{2}$  cup canned whole-fruit apricot nectar, and  $\frac{1}{2}$  cup pineapple juice. Cook until thickened.

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\* Or bake ham completely; then glaze scored ham; bake at 450 F. till brown--about 15 min.

Amounts given are enough to glaze a whole ham. Make half recipe for half ham, picnic, boneless shoulder butt, or 2 cans luncheon meat or chopped ham.

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References — Dorothy B. Marsh, Food Editor  
and American Meat Institute