

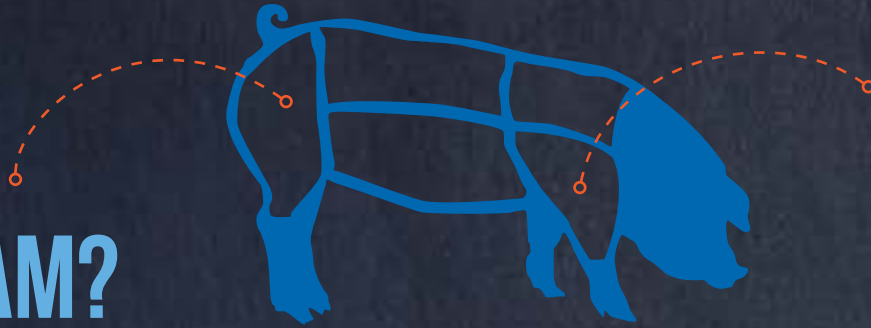
YOUR GO-TO GUIDE FOR ALL THINGS HAM

HAM HOW-TO'S



THE BASICS

WHAT IS HAM?



DID YOU KNOW?

HAM IS LABELED ACCORDING TO ITS PROTEIN CONTENT AFTER CURING AND COOKING.

CURED PORK FROM THE **HIND LEG** OFTEN SMOKED OR COOKED

TYPICALLY, **LOW IN FAT**

FULL OF **FLAVOR & READY TO EAT**

BONE-IN vs. BONELESS

THE TWO VARIETIES OF CURED HAM



BONE-IN:

AVAILABLE IN WHOLE, SHANK PORTION OR SIRLOIN PORTION
2-3 SERVINGS PER POUND



BONELESS:

SIMPLE TO CARVE = SIMPLE TO SERVE

WET-CURED vs. DRY-CURED

WHICH CURE DO YOU PREFER?

WET-CURED HAM



PREPARED IN A **BRINE SOLUTION** OF WATER, SALT, SUGAR + SPICES
MOST POPULAR STYLE OF HAM
FULLY COOKED AND **READY TO EAT**

DRY-CURED HAM



PREPARED WITH A **DRY RUB** OF SALT + SPICES, CONTAINS NO WATER
SERVED THINLY SLICED IN SMALL, **FLAVORFUL PROPORTIONS**

THE TEMPERATURE

MOST HAMS ARE FULLY COOKED AND CAN BE ENJOYED COLD OR REHEATED TO



150°F

REST AT LEAST 3 MIN. BEFORE SERVING

BE INSPIRED



ROAST IT, GRILL IT OR SLOW COOK IT

MAKE IT THE CENTERPIECE:

- APPLE CIDER HAM WITH MOLASSES GLAZE
- HONEY BALSAMIC-GLAZED HAM
- HAM WITH HONEY, FENNEL AND MUSTARD GLAZE

TURN LEFTOVERS INTO FLAVORFUL FAVORITES:

- LAYERED HAM AND CHEESE QUESADILLAS
- GRILLED HAM STEAKS WITH PEACH SALSA
- SHAVED BRUSSELS SPROUTS WITH FRIZZLED HAM



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