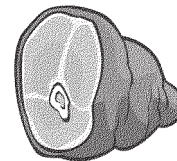


Cooking with Cooked Ham



Ham is a good source of protein. The type of ham in the commodity program has no bones and is already cooked. The outside of the ham has a protective covering that must be removed before it is eaten.

Each ham weighs about 3 pounds and will make about 12 servings, each 3 ounces. A 3-ounce serving is about the size of a deck of playing cards.

Uses

Because the ham is already cooked, you can simply thaw it and slice it for sandwiches. You may also cut the ham in small pieces and serve it in a salad, or in an egg omelet.

How to store it

Store frozen ham in the freezer in its original package until it is ready to be used.

How to thaw it

Place the frozen ham on a plate and put it on the lowest shelf in the refrigerator. It may take up to 15 hours for the ham to thaw, so be sure to put the ham in the refrigerator the day before you want to use it. Once thawed, the ham should be eaten within 3 to 4 days.

Note: Even though the ham is already cooked, do not leave it out on the kitchen counter to thaw. If you thaw it at room temperature, you may get sick.

How to heat it

Place the ham in a heated oven (325 degrees F) for about 2 hours. The internal temperature of the ham should be 165 degrees F. The ham can be heated with or without the protective cover. Be sure to remove the cover before serving the ham.

Honey-Orange Glazed Ham (makes 12 servings, 3 ounces each)

What you need

- 1 orange (or ½ cup orange juice)
- ½ cup honey
- ¼ teaspoon ground cinnamon (if you like)
- ¼ teaspoon ground cloves (if you like)
- 3-pound fully cooked whole ham

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Peel and squeeze the orange; keep the juice.
3. Mix the juice, honey, cinnamon and cloves in a small bowl. Set it aside.
4. Remove the protective cover and place the ham in a shallow roasting pan.
5. Bake the ham at 325 degrees F for 1 hour and 15 minutes, or until the internal temperature reaches 165 degrees F.
6. Baste the ham with the honey-orange glaze. Cook it for another 45 minutes. Serve.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Cooked Ham*
by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



Produced by AgriLife Communications, The Texas A&M System
Extension publications can be found on the Web at: <http://AgriLifebookstore.org>
Visit the Texas AgriLife Extension Service at <http://AgriLifeextension.tamu.edu>

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Edward G. Smith, Director, Texas AgriLife Extension Service, The Texas A&M System.
Revision