



# HAM:

Mouthwatering Meals for Every Occasion

POCKET GUIDE to PORK vol. 5

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# Carving 101

Whether you are serving a bone-in or boneless ham, having a high-quality carving knife with a recently sharpened edge will allow for smooth slicing.

## Bone-in Ham

**CARVING:** Begin carving by placing the ham on its side on a firm cutting surface. Steady the ham with a large fork and cut several long slices off the thin side and turn the ham onto its flat, cut surface. Make perpendicular slices to the leg bone to the desired thickness. To loosen the slices, cut horizontally along the leg bone, removing each slice with the fork.

**SERVING:** When serving a bone-in ham, plan on two to three servings per pound. Arrange the ham slices, separate from the bone, on a serving platter and garnish with fresh fruit or greens. Be sure to wrap the bone and unused ham in plastic wrap and refrigerate for delicious leftovers.

## Boneless Ham

**CARVING:** Cut several long slices off the side. Turn the ham onto its cut surface and slice to the desired thickness.

**SERVING:** Count on four to five servings per pound with a boneless ham. When serving, arrange the slices around the uncut portion of the ham on a platter and garnish.

***A carving rule of thumb:*** Only cut enough ham for immediate needs. The remaining ham stays moist and juicy when left uncut, maintaining the same great flavor every time you go back for seconds.



Here are some simple techniques for carving a bone-in ham:

## WHOLE HAM



1. Position the ham with the shank—or lower leg—to the carver's right. Steady the ham with a fork and cut a few slices with the thin side of the leg, as shown.



2. Place the ham on the side where you removed slices. Make perpendicular slices to the leg bone.



3. To loosen the slices, cut along leg bone, removing each slice with the fork. Transfer slices to a serving platter.

## SHANK HALF OF HAM



1. Position the ham with the shank end to the left, with the thicker piece of meat—the “cushion” meat—on top. Using a fork to steady the ham, cut along the top of the bone to loosen the boneless cushion meat.



2. Place the cushion meat carved-side down on the cutting board and cut in perpendicular slices, as shown. Transfer slices to a serving platter.



3. Turn the remaining meat carved-side down. Cut in perpendicular slices in the same manner as for the cushion meat.

## RUMP HALF OF HAM



1. Place pre-cut side of ham down on to the cutting board. Carve along the bone to remove boneless section of meat.



2. Slice boneless section across the grain and transfer to a serving platter.



3. To carve the remaining meat from the bone, insert fork into meat next to bone and make horizontal slices as shown. Transfer slices to a serving platter.

# Sweet Southern Slow-Cooked Ham



## Sweet Southern Slow Cooker Ham

### INGREDIENTS

1 bone-in fully-cooked ham, about 5½ pounds	⅓ cup Kentucky bourbon*
1 cup apple cider	¼ cup honey
½ cup dark brown sugar	¼ cup Dijon-style mustard
	4 sprigs fresh thyme

### COOKING DIRECTIONS

Place the ham in a large slow cooker. Whisk the cider with the brown sugar, bourbon, honey and mustard. Slowly pour over the ham. Scatter the thyme sprigs into the slow cooker.

Cook, on HIGH for 4 hours or on LOW for 8 hours, or until very tender. Remove ham to rest on a cutting board. Pass the remaining cooking liquid through a fine mesh sieve into a saucepan. Simmer for 10 min. or until slightly reduced. Cut the ham into chunks or slices. Brush the cut pieces with the cooking liquid before arranging on a platter. Serve warm or room temperature. *Serves 12.*

\*For a non-alcoholic alternative: replace the bourbon with ¼ cup water and 1 Tbsp. vanilla extract.

### NUTRITION FACTS

Calories: 180, Protein: 31g, Fat: 4g, Sodium: 990mg, Cholesterol: 80mg, Saturated Fat: 1g, Carbohydrates: 3g, Fiber: 0g.

## Ham & Smoked Gouda Biscuits with Maple Butter

### INGREDIENTS

1 cup ham, diced	6 Tbsp. cold unsalted butter, cut into ½-inch cubes, plus more for the baking sheet (¾ stick)
2¼ cups flour	
2½ tsp. baking powder	1½ cups smoked Gouda, shredded (about 4½ oz.)
2 tsp. sugar	
1 tsp. salt	¼ cup chives, chopped
¾ tsp. baking soda	1¼ cups plain yogurt

### COOKING DIRECTIONS

Preheat the oven to 450°F. Butter a large baking sheet (or coat it with nonstick spray). In a large bowl, whisk together flour, baking powder, sugar, salt and baking soda. Use a pastry cutter or your fingertips to add the butter, working the mixture until it resembles a coarse meal. Stir in the ham, cheese and chives. Add the yogurt, stirring until just combined.

Drop the dough onto the prepared baking sheet in 12 equal mounds, about 1 inch apart. Bake until golden brown, 18-20 min.

**MEANWHILE, MAKE THE MAPLE BUTTER:** in a medium bowl, combine 1 cup salted butter and 2 Tbsp. maple syrup. Add salt to taste and transfer to a serving bowl.

Serve the biscuits with Maple Butter on the side. *Makes 12 biscuits (Nutritionals include 1 tsp. maple butter per biscuit)*

### NUTRITION FACTS

Calories: 190, Protein: 12g, Fat: 7g, Sodium: 650mg, Cholesterol: 35mg, Saturated Fat: 3g, Carbohydrates: 21g, Fiber: 2g.

## **Ham & Smoked Gouda Biscuits with Maple Butter**





## Baked Ham with Mojo Sauce





## Baked Ham with Mojo Sauce

### INGREDIENTS

1 bone-in ham (14-16 lbs.)  
4 cups Mojo Sauce  
16 cloves  
2-4 Tbsp. Dijon-style mustard  
¼ cup brown sugar, packed  
1½ cups dry white wine  
\*Jarred Mango or Papaya Salsa  
(Optional)

### MOJO SAUCE:

16 cloves garlic, sliced lengthwise  
1 cup onion, finely slivered  
1 tsp. cumin  
1 cup extra virgin olive oil  
2 cups fresh orange juice  
½ cup fresh lime juice, (2-3 limes)  
2 Tbsp. white wine vinegar  
To taste, salt and black pepper

### COOKING DIRECTIONS

Prepare Mojo Sauce ahead of time. Set aside 2 cups for serving. Preheat oven to 350°F. Place ham in shallow roasting pan; score a diamond pattern about ⅛-inch thick into the upper surface of the ham. Insert a clove at the crossed points of the diamonds.

Brush ham with mustard and sprinkle with brown sugar. Pour 1 cup Mojo Sauce over the top. Bake in heated oven 2 hrs. or until an instant-read thermometer inserted in the thickest portion (not touching bone) registers 140°F (15-18 min. per pound), basting every 20-30 min., alternating with ¼ cup each white wine and remaining Mojo Sauce.

Transfer ham to platter. Let stand 15 min.; slice and serve with the reserved 2 cups of Mojo Sauce and (optional) fruit salsa. *Serves 30.*

**MOJO SAUCE:** In a bowl, combine garlic, onion, cumin, and salt and pepper. Heat olive oil in a saucepan over low heat. Add onion mixture and cook, stirring, until softened, about 10 min. Add orange juice, lime juice and vinegar, cook another 5 min. for flavors to blend. Cool to room temperature. *Makes 4 cups.*

## Ham & Spaghetti Alfredo

### INGREDIENTS

½ lb. ham, cut into ½-inch cubes	1 10-oz. container light Alfredo sauce
8 oz. spaghetti	¼ tsp. red pepper flakes
2 cups broccoli florets	¼ cup Parmesan cheese, grated

### COOKING DIRECTIONS

Cook spaghetti in a 5-quart saucepan according to the package directions. Add the broccoli florets 2 minutes before spaghetti is al dente. (Use the cooking time given on the spaghetti package as a guideline). Drain and keep warm.

Add the ham, Alfredo sauce and pepper flakes to the pan and heat over medium heat until warmed, about 1 minute. Return the spaghetti and broccoli to the pan and toss to mix. Spoon onto individual serving plates.

Sprinkle with the Parmesan cheese and freshly grated pepper. *Serves 4.*

### SERVING SUGGESTION

Complete the meal with a mixed greens salad and some breadsticks.

### NUTRITION FACTS

Calories: 440, Protein: 28g, Fat: 14g, Sodium: 1050mg, Cholesterol: 55mg, Saturated Fat: 7g, Carbohydrates: 51g, Fiber: 3g.

## Ham & Spaghetti Alfredo



# Ham, Bacon and Caramelized Onion Tart



## Ham, Bacon and Caramelized Onion Tart

### INGREDIENTS

6 slices bacon, thick-cut, cut crosswise into ¼-inch strips	1 9-inch deep-dish pie shell, chilled
4 oz. ham, cut into ¼-inch dice	1½ cups heavy whipping cream
1 onion, halved lengthwise, thin- sliced	3 large eggs, lightly beaten
½ tsp. each salt and pepper	1 tsp. nutmeg
	8 asparagus, trimmed (optional)

### COOKING DIRECTIONS

In a large skillet over medium-low heat, cook the bacon, stirring occasionally, until crisped, 10-12 min. Use a slotted spoon to transfer the bacon to a large bowl. Add the ham and heat, stirring occasionally, until browned, 3-4 min. Use a slotted spoon to transfer to the bowl with the bacon. Add onion, salt, and pepper to the skillet and cook, stirring occasionally, until soft, 3-4 min. Reduce the heat to very low and cook, stirring occasionally, until the onion is golden brown and very tender, 12-14 min. Transfer the onion to the bowl with the bacon and ham and set aside to cool.

Meanwhile, preheat oven to 350°F. Place the pie shell on a rimmed baking sheet and bake until the pastry is pale gold along the rim, 20-25 min.

Add the cream, eggs, and nutmeg to the bowl with the bacon, ham, and onion, whisking to combine.

Remove the shell from the oven (leave the oven on). Pour the cream mixture into the shell and arrange the asparagus on top, if using. Bake until tart is golden and a knife inserted into the center comes out clean, 45-50 min. Let stand 10 min. before slicing and serving. *Serves 6-8.*

### NUTRITION FACTS

Calories: 400, Protein: 13g, Fat: 31g, Sodium: 550mg, Cholesterol: 180mg, Saturated Fat: 15g, Carbohydrates: 16g, Fiber: 2g.

## Ham & Avocado Deviled Eggs

### INGREDIENTS

1 cup fully-cooked boneless ham, very finely chopped	2 Tbsp. mayonnaise, light
10 eggs, hard-cooked, peeled*	1 Tbsp. lemon juice, fresh-squeezed
1 Hass avocado, pitted, peeled, and cut up	Pinch fine sea salt

### COOKING DIRECTIONS

Cut eggs lengthwise in half. Carefully, scoop out the yolks; transfer yolks to a food processor or blender container.

Add avocado, mayonnaise, and lemon juice. Cover and process or blend until smooth, stopping to scrap down side of container if necessary. Stir in ham and salt.

Spoon avocado mixture into the egg-white halves. If desired, cover and chill in refrigerator for up to 3 hours. *20 servings.*

*\*To hard-cook eggs,* place eggs in large saucepan. Cover with cold water to 1 inch above the eggs. Bring to a boil. Reduce heat to low or just below a simmer. Cook, covered, for 15 min. Run cold water over eggs or place in ice water until cool enough to handle. Gently tap eggs to crack the shells. Peel eggs under cold running water. Chill in the refrigerator before using.

### NUTRITION FACTS

Calories: 70, Protein: 5g, Fat: 5g, Sodium: 125mg, Cholesterol: 110mg, Saturated Fat: 1g, Carbohydrates: 2g, Fiber: 1g.

## Ham & Avocado Deviled Eggs





## Layered Ham & Cheese Quesadillas



## Layered Ham & Cheese Quesadillas

### INGREDIENTS

1 lb. ham, sliced	¼ cup roasted green chiles, chopped
Kosher salt and black pepper	2 cups your favorite salsa
12 8-inch flour tortillas	1 cup Monterey Jack cheese, shredded
1 15-oz. can refried black beans, (or refried pinto beans), warmed	

### COOKING DIRECTIONS

Preheat oven to 375°F. Season the ham with salt and fresh-ground pepper. Place the seasoned ham on a parchment lined baking sheet and transfer to the preheated oven and cook for 15-20 min. until the internal temperature is 140°F. Halfway through the cooking time, flip the ham over, and continue to cook until done.

Allow the ham to rest loosely covered with foil, for at least 10 min. before cutting. Cut the ham into ½-inch cubes and set aside.

Preheat broiler. Put tortillas in single layer on baking sheet. Brush with oil. Broil until toasted, about 3 min. Turn and set aside.

Spread a thin layer of warmed beans on a tortilla. Top with a few Tbsp. shredded cheese and a sprinkle of cubed ham and some green chilies. Repeat process one more time and then top with another tortilla so there are 3 tortillas per stack, with the top tortilla plain. Repeat the process with the remaining tortillas and ingredients.

Once you have 4 stacks of quesadillas, drizzle salsa over each stack and sprinkle with cheese. Place quesadillas into the oven for a few minutes to melt the cheese. Cut into 4 wedges. Garnish as desired. *Serves 8.*

### NUTRITION FACTS

Calories: 400, Protein: 23g, Fat: 12g, Sodium: 1800mg, Cholesterol: 40mg, Saturated Fat: 6g, Carbohydrates: 48g, Fiber: 4g.

# Know Your Pork Cuts!

Blade Boston-Style Shoulder  
Shoulder Roast  
Ground Pork

Arm Picnic Shoulder  
Shoulder Roast  
Smoked Hocks  
Shanks

Side  
Spareribs  
Bacon

Loin  
Tenderloin  
Pork Chops  
Loin Roast  
Rib Roast (rack of pork)  
Country-Style Ribs  
Back Ribs

**Leg**  
Cured Ham  
Fresh Leg

Ham's lean nutritional profile is reason to celebrate this classic pork cut. Each 3-oz. serving of extra-lean ham contains 5g. of fat and 123 calories, which is comparable to a boneless, skinless chicken breast. Ham is pork leg meat that has been cured, and since the leg muscle is a well-exercised part of the pig, ham is surprisingly low in fat.



# Ham Encores

Leftover ham is a delicious way to add flavor to lots of standby dishes. Chop your leftover ham into ready-to-use pieces before storing it in a convenient, easy-to-open and resealable container. Keep it at the front of the fridge where it's easy to grab a little or a lot. Here are some simple ways to take advantage of that tasty leftover ham to give meals a savory boost—morning, noon and night:

**BREAKFAST:** Toss ham into scrambled eggs, omelets and breakfast potatoes. For a great grab-and-go breakfast sandwich, whisk one egg with a splash of milk and a little salt and pepper. Stir in a little grated cheddar cheese and a handful of diced ham. Coat the inside of a coffee mug with cooking spray, add the egg mixture and microwave on full power, stirring once or twice, until almost set, 1-1½ minutes. Give it about a minute to set and then turn your instant omelet out onto a toasted English muffin and you're ready to go!

**LUNCH:** Add ham cubes into canned soups and main-dish salads. Or, spice up lunch with a ham salad sandwich prepared by mixing some diced ham with prepared ranch dressing and a spoonful of salsa. Stuff into pita pockets with lettuce and tomato.

**DINNER:** Mix ham with your favorite vegetables and potatoes, rice or pasta for quick skillet and stir-fries. Or, try stuffing a baked sweet potato with ham, swiss cheese, crumbled bacon and a dash of nutmeg.

**Ham storage:** And remember—unwrapped hams, in their original packaging, will keep for several weeks in the refrigerator. Always check the “use by” date on the package. It is not recommended that ham be stored in the freezer because the texture of the ham will be adversely affected. Store ham in the refrigerator and follow package “use by” date guidelines.



For more pork cooking survival tips and recipes you can fix for dinner tonight, get cooking and clicking at *PorkBeInspired.com*.



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