



Chill It *Safe*

- Cut large hams into smaller portions
- Store leftovers in shallow containers
- Promptly refrigerate to 45° F or below
- Keep sandwich meat, salads, and sliced meats in refrigerator

A word about Canned Hams

Shelf Stable Hams

You may store these on the shelf for two years at room temperature. High temperatures, above 122° F can cause swelling or souring of the product. Do not taste the ham and throw it away immediately.

Refrigerated Canned Hams

You may store these hams in the refrigerator for up to six to nine months. Use before nine months or harmful bacteria may begin to grow.



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*Promoting and protecting the health of the public
and the environment*

Environmental Health/Food Protection

A GUIDE TO HAM PREPARATION

South Carolina Department of Health and Environmental Control

Ham is a delicious and nutritious meat that is part of our holiday traditions and our everyday meals. Ham comes from one of the leanest pork cuts.

These guidelines will help you prepare ham safely and reduce risk of contamination that may cause foodborne illness.

Prepare It *Safe*

You can never wash your hands too many times. Washing hands prevents cross contamination, transferring bacteria from your hands to the ham. Be sure that cutting boards and preparation surfaces have been cleaned with warm soapy water and rinsed with clean water.

Serve It *Safe*

After cooking the ham to the required internal temperature, you may not be ready to serve immediately. If ham is left on the counter, bacteria can grow that could cause a foodborne illness.

Follow these tips:

If ham must be served hot, warm at 130° F or above.

If ham must be served cold, cool to 45° F or below.

Store It Safe

After purchase, store ham as follows

Types of Ham	Description	Hot Storage	Refrigerated Storage
Fresh	Raw-uncooked	See cooking guidelines below	45° F or below
Smoked Ham	Fully cooked	Cooked sufficiently so it may be served without cooking or heated to serve hot at 130° F	45° F or below
Smoked Ham	Partially cooked	Cook to 155° F	45° F or below, before and after heating
Country Ham	Not fully cooked but dry cured to be safe. May be stored at room temperature	Cook to 155° F	May be stored without refrigeration until ham is cut.

Cook It Safe

Cut	Weight/lbs	Minutes/lb	Required Temp
Smoked Ham, Cook Before Eating			
Whole bone-in	10 to 14	18 to 20	155° F
Sholder roll (butt), <i>boneless</i>	2 to 4	35 to 40	155° F
Shank or butt portion, <i>bone-in</i>	3 to 4	35 to 40	155° F
Smoked Ham, Fully cooked (to warm)			
Whole bone-in	10 to 14	15 to 18	<i>No temperature required for cooked hams</i>
Canned ham <i>boneless</i>	3 to 10	15 to 20	
Spiral cut, <i>whole or half</i>	7 to 9	14 to 18	
Fresh Ham, Uncooked			
Whole leg, <i>bone-in</i>	12 to 16	22 to 26	155° F
Whole leg, <i>boneless</i>	10 to 14	24 to 28	155° F
Country Ham, Not fully cooked	10 to 16 whole 5 to 8 half	20 to 25	155° F
Microwaving Ham			
<i>Fully cooked, bone-in</i>	5 to 7	10 to 12	<i>No temperature required for cooked hams</i>
<i>Cook before eating or fresh ham</i>	5 to 7	12 to 15	

Food Safety and Inspection Service, USDA

Use a meat thermometer to check for safety and doneness. Ham must reach an internal temperature of 155° F. Take the temperature of the ham where the meat is the thickest. Bacteria that may cause foodborne illness are destroyed at 155° F.