



Pre-Cooked Ham

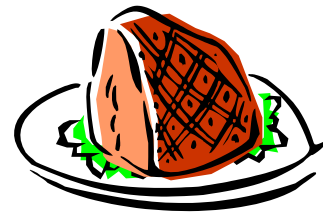
How to Handle Pre-Cooked Hams

(adapted from USDA Household Commodity Fact Sheet #A669)

Storage: Store frozen ham in freezer. Use by “Best if used by” or “Best by” date on package. Store leftovers in a covered container in refrigerator. Use leftover ham within 2 days of defrosting.

Pre-cooked hams can be eaten cold or heated!

Pre-cooked hams can be cooked frozen or thawed!



Preparation: Keep ham in original package & place in the refrigerator to thaw. Ham should be on a platter, on the lowest shelf, away from other foods. Thaw ham overnight, or 10-12 hours minimum. **DO NOT thaw ham on countertops or at room temperature!**

Cooking: Pre-cooked hams can be eaten cold. If heating ham, heat immediately after thawing. To heat, remove packaging & place ham in a pan. If cooking frozen ham, cook for 3 1/2 to 4 hours at 325°F. If ham is thawed, cook for 1 to 1 1/2 hours at 325°F. Whether frozen or thawed, ham should be heated to an internal temperature of 140°F. It is best to use a food thermometer, as ham may still be pink even when fully cooked.

- If you would like more information, contact Kayla Wells, Colville Reservation-Ferry County Extension Educator, (509) 634-2306 or kayla.wells@wsu.edu. Or you may contact Dan Fagerlie, Project Director, (509) 775-5225 ext. 1116 or fagerlie@wsu.edu or the Okanogan County Extension office (509) 422-7245.
- Cooperating Agencies: Washington State University, U.S. Department of Agriculture (USDA FRTEP Award #2009-41580-05326), the Confederated Tribes of the Colville Reservation, Colville Agency BIA, and Ferry County Extension, Dan Fagerlie, Project Director, fagerlie@wsu.edu.
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