



Have You Heard?

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Review of Terms For Easter Hame

With all the terminology used, it's no wonder shoppers become confused when trying to select just the right ham. Do you know what all these terms mean whole, halves, portions, ends, slices, butt, shank fully-cooked, semi-boneless, boneless, shankless, skinned, defatted, canned, perishable, water added, country-style?

A "ham" is the upper portion of a hog's hind leg. A fresh ham is an uncured ham, more similar to a fresh pork roast than a cured ham. Hams are generally cured by injection of a brine solution. Most hams are also smoked after curing, although they may not be labeled as such. About 90 percent of all hams are "fully cooked." That is, the ham has been cooked by the packer and need only to be reheated to an internal temperature of 140°F. The National Livestock and Meat Board recommends 15 to 18 minutes per pound at 325°F. For best results use a meat ther-

mometer. Don't overcook or you'll end up with a lot of unnecessary shrinkage.

Hams may be purchased whole or in halves, portions, ends, or slices. If ham is labeled as a half, it must not have any of the center slices removed. Once the choice center slices have been removed the remainder must be labeled as butt, shank portions, or ends.

Ham may be sold semi-boneless, boneless or shankless. A semi-boneless ham has the leg bone remaining but that aitch (pronounced H) bone and usually the shank bone removed. A shankless ham has the shank bone, away from the butt or rump, removed. A semi-boneless ham is usually partially skinned and defatted.

A boneless ham may be rolled, shaped or canned. Most have been fully cooked. Read the label to be sure. Some canned hams have the term "perishable" on the label. These hams have been cooked to 150°F during processing and must be stored in a refrigerator. A non-

perishable ham is a small canned ham (usually 3 pounds or less) which has been cooked to an internal temperature of at least 250°F during processing. It can be stored on a shelf without refrigeration.

A term that sometimes confuses shoppers is "water added." A curing solution of salts, sugar and water is injected into the ham curing processing to produce the meat's familiar color and flavor. Most of this added moisture is

subsequently lost during curing and cooking. If some moisture, no more than 10 percent of the ham's original or "green" weight is retained, then the ham must be labeled "water added." If more than 10 percent moisture is retained, the ham must be reworked into another product or labeled with the exact amount of water, such as "ham with 20 percent water added."

Dry cured hams are rubbed with salt and other dry curing agents, then slowly smoked and dried.

These hams are usually very salty and require soaking and simmering before baking. They are commonly referred to as country hams or they may bear the name of a specific locality like Virginia, Tennessee, Kentucky or Smithfield. If they are labeled "country-style" or "Virginia-style" they are produced outside that locality and its jurisdiction but use similar methods. Dry cured hams are generally whole, untrimmed, and include the skin, fat and bone.

Quick, Easy Calcium-Rich Recipes

Spaghetti Pizza

1 lb. spaghetti, cooked
1 egg, beaten
½ cup milk
½ stick butter, melted
2½ cups (or more) shredded Mozzarella Cheese
Spaghetti sauce
¼ cup Parmesan Cheese
Pepperoni

Combine first 4 ingredients with ½ cup Mozzarella Cheese in bowl, mixing well. Place on greased 10 1/2" x 15" baking sheet. Spread sauce over top. Top with Parmesan Cheese, remaining Mozzarella Cheese and pepperoni. Bake at 350 degrees for 35 to 40 minutes or until bubbly. Serves 10.

Great Granola

3 cups quick oats, uncooked
1½ cups chopped nuts
1 cup raisins

1 cup coconut
½ cup melted butter
½ cup honey

Preheat oven to 300 degrees F. Put the oats, nuts, raisins and coconut in a large bowl. Add the honey and butter to the bowl. Stir and spread the mixture on two un-buttered cookie sheets (use cookie sheets with sides). Place cookie sheets in oven for 20 minutes, turning once.

Ice Cream Pie

1 quart vanilla ice cream
1 package instant pudding, any flavor
Small container of REAL whipped cream
1 graham cracker crust
1 cup milk
Mix instant pudding with milk. Gradually add softened ice cream. Pour into crust. Refrigerate for at least 2 hours. Put whipped cream on top before serving.

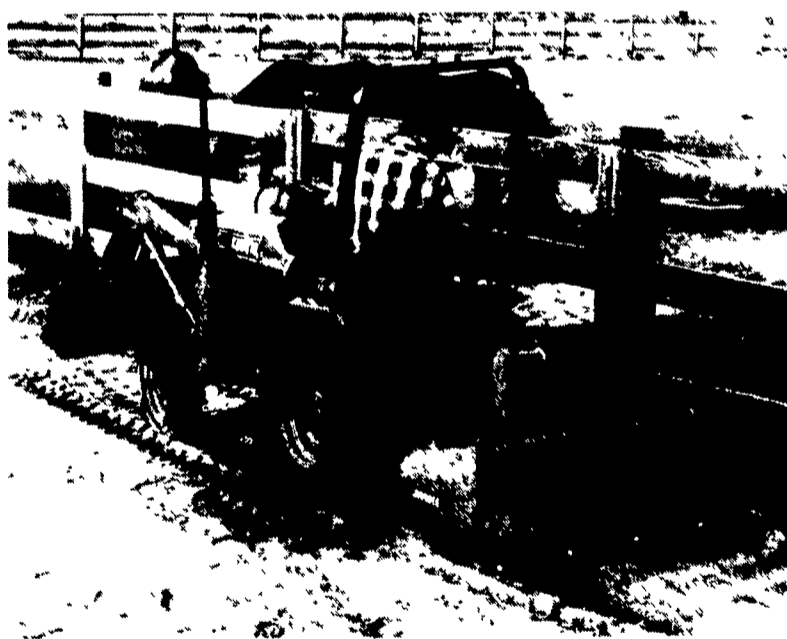
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