

# Cookbook

Traditional Easter meat

## Ham it is for most people during this time of year

By JOAN KINGSBURY  
Staff Correspondent

Ham, a traditional Easter meat, will appear on many area dinner tables Easter Sunday. Ham is a very versatile meat and can be purchased and prepared in a variety of ways.

Smoked ham can be purchased by the shank half, butt portion or center slice. Both the shank and butt can be either cooked in liquid or roasted. To cook a center slice, broil, panfry or panbroil.

Boneless rolled ham and boneless canned hams are delicious when roasted while the more seasoned country-style ham should be cooked in liquid before roasting for the bet flavor. Smoked picnic hams are more fatty than the others, but can be good used for sandwiches and casseroles.

Boneless ham provides 4-5 servings per pound; center cut ham slice 3-4 servings per pound; semi-boneless hams 2-3 servings per pound.

For perfect meat, always use a meat thermometer. A whole ham that has not been cooked, weighing 10-14 pounds takes about 3 1/2 to 4 hours. A whole 5-7 pound ham takes 2 1/2 to 3 hours; a shank or butt half weighing 3-4 pounds should take 2 to 2 1/4 hours. All three should reach an internal temperature of 160 degrees.

To prepare a fully-cooked ham, roast a whole 10-14 pound ham for 2 1/2 to 3 hours; a whole 5 to 7 pound ham for 1 3/4 to 2 1/4 hours; a whole, boneless 8 to 10 pound ham for 2 to 2 1/4 hours; a boneless half 4 to 5 pounds for 3 to 4 hours. All should reach an internal temperature of 135 to 140 degrees.

A picnic shoulder ham 5 to 8 pounds should be roasted 3 to 4 hours and reach an internal temperature of 170 degrees. Broil a fully cooked bone in ham slice 1 inch thick 14 to 16 minutes; panfry for 16 to 18 minutes.

Carving the ham properly is important. To carve a whole ham with bone, with shank to the right, cut 2 or 3 long slices from thin side and stand ham on this base. Anchor ham with a meat fork. Remove a small wedge 6 inches from shank end. At large end, cut down to leg in front of bone that angles upward (find bone with skewer) and cut to leg bone. Run knife along leg bone. Lift this cushion of ham to cutting surface. Place cut side down and slice. Return ham to first position, slice both ends.

Usually if you buy a whole ham, you have lots of it left over. Ham is really a great main dish; good in casseroles and salads. Ham with Mustard Glaze is a delicious way to

roast ham for the holidays. With the leftover ham, you can make Ham Croquettes served with Creamy Egg Sauce, Glazed Ham Loaf in Ring, and Ham Sandwich Salad Filling.

**HAM WITH MUSTARD GLAZE**  
1 ham  
1/2 c. brown sugar  
1/2 t. dry mustard  
2 T. fruit juice  
Whole cloves

Place ham fat side up on rack in shallow pan. Do not uncover or add water. Score ham fat in diamonds (cut only 1/4 inch deep). A strip of heavy brown paper, 12 x 2 inches makes an easy guide for cutting parallel lines. Insert meat thermometer. Roast in slow oven (325 degrees) 20 minutes per pound.

**MUSTARD GLAZE**  
Combine brown sugar, dry mustard and fruit juice. The last 30 minutes of cooking time, spoon fat from pan. Stud ham with cloves. Spoon glaze over ham. Continue baking; baste occasionally.

**HAM CROQUETTES**  
3 T. butter  
1/4 c. flour  
3/4 c. milk  
2 c. coarsely ground ham  
1 t. grated onion  
2 t. prepared mustard

3/4 c. fine dry bread crumbs  
1 beaten egg  
2 T. water  
Deep hot fat for frying  
Melt butter; blend in flour. Add milk all at once. Cook and stir until thick and bubbly; cook and stir 1 minute. Remove from heat. Add cooked ham, grated onion and prepared mustard; blend well. Chill well.

Shape mixture into 8 to 10 balls. Roll in fine dry bread crumbs. Shape into cones, handling lightly. Dip into mixture of beaten egg and water; roll in crumbs again. Fry in deep hot fat (365 degrees) for 1 1/2 to 2 minutes, till heated through. Drain. Serves 4 to 5. Serve with creamy egg sauce.

**CREAMY EGG SAUCE**  
2 T. butter  
2 T. butter  
1/4 t. salt  
Dash white pepper  
1 c. milk  
1 hard-cooked egg, chopped  
Melt butter; blend in flour, salt and white pepper. Add milk. Cook and stir until thick and bubbly. Add hard-cooked egg, chopped. Makes 1 1/4 cups.

**GLAZED HAM LOAF IN RING**  
1 c. milk  
1 egg  
2 T. catsup  
2 T. prepared mustard  
1 t. salt  
1/8 t. pepper  
2 c. soft white bread crumbs  
1 1/2 lb. gr. cooked ham, 6 c.

1/2 lb. gr. pork  
1/2 lb. gr. veal  
2 T. finely chopped onion  
2 T. chopped parsley  
GLAZE

1-8 1/2 oz. can pineapple  
1/4 c. lt. br. sugar  
2 T. cider vinegar  
1/2 t. gr. ginger  
Parsley sprigs  
Preheat oven to 350 degrees. In large bowl, combine milk, egg, catsup, mustard, salt and papper; bet until well blended. Stir in bread crumbs; let stand several minutes. Add ham, pork, veal, onions and parsley; mix well. Turn into 1 1/2 t. ring mold, packing down firmly. Bake, uncovered, 30 minutes.

Make glaze: Drain pineapple. Place juice in small saucepan. Add sugar, vinegar and ginger. Bring to boiling, stirring. Cut pineapple slices in half; add to boiling mixture. Reduce heat and simmer 5 minutes. Remove from heat.

Remove ham ring from oven. Run spatula around edges to loosen and turn out in shallow baking pan. Pour half of glaze, without fruit, over top. Bake 20 minutes. Arrange pineapple on ham. Cover with glaze. Bake 20 minutes.

With wide spatulas, remove ham ring to warm platter. Spoon glaze from pan over top. Arrange parsley in center. Serve with any remaining fruit, and catsup. Serves 8.

**HAM SALAD SANDWICH FILLING**

1 c. ground fully cooked ham  
1/3 c. finely chopped celery  
2 T. drained pickle relish  
1/2 t. prepared horseradish  
1/4 c. mayonnaise  
Combine all ingredients. Spread between buttered bread slices. Makes 1 1/2 c.

### Naturally food is not always safe

Just because a food is "natural" doesn't mean that it's safe. Herbs are natural but, many herbs used in teas and herbal remedies contain chemicals that are harmful to health. Ingesting even the most common herbal teas can expose you to severe allergic reactions or proven cancer causing ingredients says Josephine Kotch, Extension Home Economist.

Chamomile tea can cause severe allergic reactions in some people with allergies to ragweed, asters and chrysanthemums. It has been known to trigger anaphylactic disturbances.



### Inservice held

An inservice program on "Nutrition of Daily Living" was presented to the staff of Home-Health Services of Luzerne County. Shown here during the program are, from left, Nancy Barnard, Quality Assurance Nurse; Virginia Corcoran, Nutrition Consultant; and Mary Krlc, Director of Patient Services.

## Home-Health organization sponsors nutrition program

A program on "Nutrition of Daily Living" was recently presented to the nursing staff of Home-Health Services of Luzerne County.

Mrs. Nancy Barnard, R.N., B.S.N., of Dallas, serves as the Quality Assurance Nurse. In this position, Mrs. Barnard is responsible for Inservice Education, including assessing the staff educational needs and identifying new procedures and trends in health care.

Home-health Services has a commitment to furthering the education of the nursing and therapy staff in order to better serve the community.

The guest speaker for the recent inservice on nutrition was Virginia Corcoran, M.S., R.D., a Nutrition Consultant for the Dairy, Food and Nutrition Council, Inc., an affiliate of the National Dairy Council. The organization is supported by dairy processors and producers of milk and milk products in Northeast Pennsylvania.

Mrs. Corcoran discussed our sources of information about nutrition, how society affects our eating patterns, and the types of informative materials available through the National Dairy Council. She cited myths about which foods give us the best nutrition, using pizza as an example of an often underrated food which is actually an excellent

source of nutrients.

Mrs. Barnard, the former Nancy Popielarz, is a graduate of Dallas High School and Villanova University. She resides in Dallas with her husband, George, and two sons, Matthew and Patrick. She has worked for Home-Health Services for five years, and has also served as a Clinical Instructor at Luzerne Community College.

Home-Health Services of Luzerne County, a non-profit United Way Agency and the employer of over 70 nurses, has been serving the needs of the elderly and disabled in our community for 76 years.



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