

PREPARE A FRESH HAM

FREQUENTLY ASKED QUESTIONS

WHAT KIND OF HAM DO I GET AT UNGERS?

The FRESH HAMS you get from Ungers are cured and smoked but NOT fully cooked. Here are some general baking instructions:

- Bone-In Leg - Whole, ¼ or ½ and Boneless Hams
 - Bake at 300 F
 - 20-25 mins per lb
 - Put 1-2" of water (or other liquid) at the bottom of the pan
 - Bring to internal temperature of 145 F

★ Check out our **Honey Glazed Bone-In Ham** Recipe. Pick up a copy in-store from our Recipe Rack or visit our website at ungers1903.ca to download the recipe

HOW MUCH HAM DO I NEED?

If you are serving ONE meat:

- ½ lb of meat per person

If you are serving TWO meats:

- ¼ lb per person

If the majority of your guests are teenage boys:

- 1 lb per person

WHAT DO I DO WITH THE RIND (SKIN) ON THE HAM?

THE RIND (skin): The bone-in hams you purchase from Ungers will have the RIND (skin) on. You can choose to leave it on or remove it - really it's a personal preference. You will notice that right underneath the rind is a beautiful layer of fat. **DON'T TRIM THIS FAT AWAY** for cooking! This fat turns into a nice crispy and sticky coating for your glaze and is delicious.

- IF you are removing the Rind, follow these instructions:
 - Insert a sharp knife between the rind and fat and run it along to detach both layers from each other.
 - Using your fingers, gently separate the rind from the fat. You can insert your hand deeper into the ham to keep detaching it so it is easier to peel the rind off.
 - Peel off and discard the rind.
 - Score the fat cap by lightly running the knife about ¼" deep all over the surface.
- IF you are NOT removing the Rind, follow these instructions for preparing:
 - Score the Rind by lightly running the knife about ¼" deep into the layer of fat underneath all over the surface of the ham.