

# HAM

**DELICIOUS AND FLAVORFUL CURED MEAT**



Ham is a cured meat, traditionally sourced from the hind leg of a pig, that undergoes a meticulous process of curing, smoking, and aging, resulting in a savory and succulent culinary delight.

## Types

### **Fresh Ham :**

- **Uncooked and requires cooking before consumption.**
- **Often seasoned and roasted, smoked, or boiled to enhance its flavor and make it safe to eat.**

### **Cured Ham :**

- **Preserved through various methods, such as dry curing with salt or brine curing, and they do not require further cooking before consumption.**
- **Often smoked or aged to develop their characteristic taste and texture.**

# Processing

**1. Selection and Curing:** Ham is typically cured using one of two methods:

- **Dry Curing:** The ham is rubbed with a mixture of salt and other seasonings to draw out moisture and preserve the meat.
- **Wet Curing (Brine Curing):** In wet curing, the ham is immersed in a brine solution containing water, salt, sugar, and various spices. The brine helps infuse the meat with flavors and acts as a preservative.

**200 ppm in-going nitrite; 550 ppm of ascorbates or erythorbates**

**2. Resting and Equalization:** After the curing process, the hams are allowed to rest and equalize in a controlled environment.

**3. Smoking:** Some ham are smoked to add a smoky flavor to the meat and further aid in preservation. The process can take several hours, and different types of wood may be used to impart distinct flavors.

**4. Drying and Aging:** The cured and, if applicable, smoked hams are then dried to remove excess moisture. After drying, the hams may be aged for an extended period, which can range from a few months to several years, depending on the type of ham.

**Must reach 144° F to kill trichinella spiralis instantly**

**5. Trimming and Packaging:** Once the desired aging period is reached, the hams are trimmed to remove any external crust or excess fat. They are then packaged for distribution and sale.

