

Ham cooking time chart



Smoked ham, cook before eating

Cut	Weight (lbs)	Minutes/lb
Whole, bone in	10 to 14	18 to 20
Half, bone in	5 to 7	22 to 25
Shank or butt portion, bone in	3 to 4	35 to 40
Arm picnic shoulder, boneless	5 to 8	30 to 35
Shoulder roll (butt), boneless	2 to 4	35 to 40

Cook until the ham's internal temperature reaches 145° F and allow ham to rest for at least 3 minutes

Smoked ham, cooked

Cut	Weight (lbs)	Minutes/lb
Whole, bone in	10 to 14	18 to 20
Half, bone in	5 to 7	22 to 25
Arm picnic shoulder, boneless	3 to 4	35 to 40
Canned ham, boneless	5 to 8	30 to 35
Vacuum packed, boneless	2 to 4	35 to 40
Spiral cut, whole or half	5 to 8	30 to 35

Reheat cooked ham packaged in USDA-inspected plants to 140° F and all others to 165° F.

Fresh ham, uncooked

Cut	Weight (lbs)	Minutes/lb
Whole, bone in	10 to 14	18 to 20
Half, bone in	5 to 7	22 to 25
Arm picnic shoulder, boneless	3 to 4	35 to 40

Cook to 145° F and allow to rest for at least 3 minutes.

Country ham

Whole or half: Soak for 4 to 12 hours in the refrigerator. Cover with water and boil 20 to 25 minutes per pound. Drain, glaze and brown at 400 F for 15 minutes.

Source: USDA