



TYPE OF HAM	DESCRIPTION	COOKING METHOD
COUNTRY HAM	Dry cured in salt, smoked and then aged for at least 6 months. They usually develop a mold which you just scrape off. Most country hams are uncooked.	Soak in cold water for two days at room temperature. Change the water out 2 times a day. Place in a pot with water and bring to a boil; drain off the water. Repeat with new water and simmer for 1-2 hours until 140 degrees is reached. Peel off the rind and trim the fat. Transfer to a 350 degree oven and bake for 30 minutes with a glaze.
CURED HAM	The pork has either been rubbed with a salt mixture (dry cure) or soaked in a brine (brine-cured).	If the ham is salty, you will have to soak the ham first to remove some of the salt. You only need to warm the ham in a 350 degree oven until you reach 130 degrees.
FRESH HAM	The raw leg of the pig. Nothing has been done to it. The finished product will look and taste much more like a pork roast than a ham. It comes whole or divided into the butt and shank pieces. The shank end is easier to carve.	Rub the leg heavily with salt and pepper. Let the ham sit out for 2 hours before roasting. Cook at 325 degrees for approximately 2 hours until the internal temperature is 135 degrees. Glaze the ham and finish at 400 degrees. Cover with foil and let it rest for 20 minutes before slicing.
PARTIALLY COOKED	Usually cured or smoked, and cooked to 140 degrees. It is a safer product to sell commercially.	The ham only needs to be warmed up to 140 degrees again. It is ready for a glaze right when you put in the oven.
PICNIC HAM	Although not a true ham, it can be prepared similarly. It is the front leg and shoulder as opposed to the hind leg. It can be smoked or cured. It is typically less expensive than a true ham.	Simmer a picnic ham in flavored broth until an internal temperature of 130 degrees is reached. Finish in a 375 degree oven until 155 degrees. This cut works well in a slow cooker.
CITY HAMS	These hams are the ones in the grocery store that are in a bag labeled "ready to cook" or "ham in natural juices". They are usually injected with a brine solution.	Score the ham, making diamond shapes in the fat and place it in a 250 degree oven (covered with foil) for 3-4 hours. When the internal temperature is 130 degrees, remove it from the oven. Increase the temperature to 375 degrees. Remove the skin. Some of the diamonds of fat will also come away. Glaze the ham and bake until it's 140 degrees internally.