

BAKED HAM MERCH



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Ham, Cooked, Smoked, Boneless, #1053	12 pounds
Sugar, Brown, #2024	1 cup , ,packed
Cornstarch, #2005	2 tablespoons
Sugar, Granulated, #2027	1/4 cup
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #2409	1/4 cup

DIRECTIONS

- Place the ham on a rack in a roasting pan. Do not cover it.
- Bake the ham in a preheated oven at 325 degrees F for approximately 1½ to 2 hours. Check the temperature after 1 hour.
- Remove the ham from oven about 30 minutes before it is done. Drain off the drippings.
- Score the ham ¼ inch deep in a diamond pattern.
- FOR THE HAM GLAZE:
 - Combine the brown sugar, cornstarch, granulated sugar, and pineapple juice.
 - Heat the mixture over low to medium heat until the sugar dissolves and the mixture is clear.
 - Spoon the glaze over the ham.
- Return the ham to the oven and bake until a desired temperature is reached.

CCP: Heat to 140 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Slice the ham for service. Weight 3 ounces of the ham.
- Portion 3 ounces ham per serving. Each portion provides 2 oz. eq. meat/meat alternate.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

PRODUCTION NOTES

Culinary Techniques for Healthy School Meals: Preparing Meats, Poultry and Fish" provides seasoning and serving ideas for meats.

PURCHASING GUIDE

Use USDA Foods products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used (such as smoked ham).
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	138	Dietary Fiber	0.00 g	Sodium	1264.00 mg	Sat. Fat	0.97 g
Carbohydrates	15.18 g	Protein	13.62 g	Total Fat	3.89 g	Trans Fat	0.00 g