

BAKED HAM



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 pound(s)
Sugar, Brown, #2024	8 ounce(s)
Cornstarch, #2005	2 tablespoon(s)
Syrup, Corn, Clear, #2259	1/4 cup(s)
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #2409	2 tablespoon(s)

DIRECTIONS

- Place ham on a rack in roasting pan. Do not cover.
- Bake ham at 325 degrees F for approximately 1 1/2 to 2 hours.
- For ham glaze, combine brown sugar, cornstarch, corn syrup, and pineapple juice and heat over low to medium heat until sugar is dissolved and mixture is clear. Reserve for step 5.
- Remove ham from oven about 30 minutes before it is done. Drain off drippings. Score ham 1/4 inch deep in diamond pattern.
- Spoon glaze over ham.
- Return ham to oven and bake until done.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

- Slice ham for service. Weight 3 ounces of ham.
- Portion 3 ounces ham per serving. Each portion provides 2 oz. eq. meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

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.

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

MISCELLANEOUS NOTES

Yield: 50 servings is 50 3-ounce servings.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	0.00 g	Sodium	722.00 mg	Sat. Fat	0.97 g
Carbohydrates	10.02 g	Protein	21.39 g	Total Fat	2.92 g	Trans Fat	0.00 g