

Ham Cooking Chart

Type	Cut	Weight (lbs.)	Min/Lb	Minimum Internal Temperature and Rest Time
Smoked, cook before eating	Whole, bone-in	10 to 14	18 to 20	145 °F and allow to rest for at least 3 minutes
	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	
Smoked ham, cooked	Whole, bone in	10 to 14	15 to 18	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F
	Half, bone in	5 to 7	18 to 24	
	Arm picnic shoulder, boneless	5 to 8	25 to 30	
	Canned ham, boneless	3 to 10	15 to 20	
	Vacuum packed, boneless	6 to 12	10 to 15	
	Spiral cut, whole or half	7 to 9	10 to 18	
Fresh ham, uncooked	Whole leg, bone in	12 to 16	22 to 26	145 °F and allow to rest for at least 3 minutes
	Whole leg, boneless	10 to 14	24 to 28	
	Half, bone in	5 to 8	35 to 40	
Country ham (whole, or half)	<ol style="list-style-type: none"> 1. Soak 4 to 12 hours in refrigerator. 2. Cover with water, then boil 20 to 25 minutes per pound. 3. Drain, glaze, and brown at 400 °F for 15 minutes. 			