

Local cooks lend a hand with Christmas fixings

As the Christmas season grows near, I'm sure a lot of you will be busy in the kitchen preparing food for your family, guests, or for gifts. We thought you might enjoy having some new recipes to try.

Several people have shared some of their favorite recipes with me to share with you. I appreciate the help of everyone who contributed a recipe. I'm sure there are a lot of you who have good recipes, and I would urge you to share them with me throughout the year to use in my column.

Since I gave information at Thanksgiving on cooking turkeys, I thought I would give information on buying and cooking ham and picnic shoulders. If you have any questions about any of your holiday cooking, be sure to call our office at 875-2162 and we will try to get the answer for you.

Ham is meat from the hind leg of a hog. They are sold as fresh pork roasts or arm roasts, fresh or smoked hock, or smoked picnic "hams." Although picnics are not as large or lean as ham, they are excellent for a meal, followed by ham salad, sandwiches and casseroles.

Labels Identify Product

Fully Cooked means it has been smoked and cooked and does not need further cooking.

Cook before eating means the meat should be heated to an internal temperature of at least 160°F before serving.

Smoked and cured pork has been pumped with curing ingredients (mostly water, salt, sodium nitrite, phosphate) before smoking.

Portion on the shank or butt section of a ham means the center "select" slices have been removed.

Half on the shank or butt means the center ham slices have not been removed.

Storage -- Canned hams/picnics: Read label. Almost all need refrigeration. Fresh ham/picnic: Store 2-3 days in refrigerator or freeze for longer storage. Smoked and/or Cured: Refrigerate for up to a week. If frozen, use within 2 months for best quality.

Preparation -- Read label for degree of cooking it has already received. If desired, reheat fully cooked ham to an internal temperature of 140°F. "Cook Before Eating" hams should be

On the Front Burner

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heated to 160°F. before serving.

Buying Tips -- Look for a small amount of surface fat and a short hock. Picnics: A 6-7 pound picnic yields about 4-4½ pounds of edible meat.

For a family of four this could be:

- a) one meal of baked ham.
- b) Sandwich or breakfast ham for two meals.
- c) Ham bits and pieces for a casserole or ham salad; and
- d) Ham bone for a bean soup.

Hams - Whole Ham: A 15-pound whole ham yields about 11-12 pounds of edible meat. ¼ - ⅓ of this can be served as ham slices or chunks. ¼ - ⅓ will be small trimmings. At 4 ounces per serving, that is 36 servings as slices and at least three pounds to use in salads, casseroles and soups. **Smaller Ham Cuts:** The whole ham

can be cut into the shank end and the butt end (toward shoulder).

Shank Portion: Short plump shanks with a small round bone in the center of the ham are good buys. Cost less than the butt end. **Butt:** Meatier but more difficult to carve than shank.

Baking ham

Place meat, fat side up, on a rack in a shallow baking pan. If desired, score ham fat in a diamond pattern using a paper strip for a cutting guide. Make cuts only about ¼ inch deep. Insert a meat thermometer. Do not add water or other liquid and do not cover the baking pan. (Follow the label directions for heating canned hams).

Bake the ham in a 325° oven until the meat thermometer registers the specified internal temperature. (Check the label to see whether the ham is fully cooked or a cook-before-eating ham. If the ham is not marked, use the cook-before-eating temperatures and times.) Fully cooked and canned hams should be heated to 140° internal temperature. Cook-before-eating hams should be baked to an inter-

nal temperature of 160°.

If desired, prepare a glaze for the ham. To glaze the ham spoon off fat from the baking pan 20 to 30 minutes before the end of the baking time. Brush the glaze over the meat. Continue baking and basting with the glaze till the thermometer registers the desired internal temperature.

Use the baking times given in the chart below as a guide to the total cooking time for a particular type and size of ham.

butter or margarine till onion is tender but not brown. Stir in cranberry sauce and corn syrup; heat through. Spoon some of the mixture over ham during the last 20 to 30 minutes of baking time. Reheat remaining mixture and pass with meat. Makes about 1 ¼ cups glaze.

Ham Cut	Approx. Weight (pounds)	Internal Temperature on Removal from Oven	Approx. Cooking Time (total time)
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Bake meat at a constant 325° oven temperature

Fully Cooked Ham			
Whole, Bone In	10 to 14	140°	2 1/2 to 3 1/2 hrs.
Half, Bone In	5 to 7	140°	1 1/4 to 2 1/4 hrs.
Whole, Boneless	10 to 12	140°	3 to 3 1/2 hrs.
Half, Boneless	5 to 7	140°	2 to 2 1/2 hrs.
Portion, Boneless	3 to 4	140°	1 1/2 to 1 3/4 hrs.
Whole, Semi-Boneless	10 to 12	140°	3 to 3 1/2 hrs.
Half, Semi-Boneless	4 to 6	140°	1 1/2 to 2 1/2 hrs.
Canned Ham	1 1/2 to 3	140°	1 to 1 1/2 hrs.
	3 to 4	140°	1 1/2 to 2 hrs.
	7 to 10	140°	2 to 2 1/2 hrs.

Cook-Before-Eating Ham			
Whole	10 to 14	160°	3 1/2 to 4 hrs.
Half	5 to 7	160°	3 to 3 1/2 hrs.
Shank Portion	3 to 4	160°	2 to 2 1/2 hrs.
Rump Portion	3 to 4	160°	2 to 2 1/2 hrs.

Easy Mustard Glaze

½ cup packed brown sugar
2 tablespoons orange or pineapple juice

½ teaspoon dry mustard
Combine sugar, fruit juice, and dry mustard. Spoon over ham 2 or 3 times during the last 30 minutes of baking time. Makes about ½ cup glaze.

Carried Cranberry Glaze

½ cup chopped onion
4 teaspoons curry powder
¼ cup butter or margarine
1 16-ounce can whole cranberry sauce
2 tablespoons light corn syrup
Cook onion and curry powder in

Low-calorie baking

Baking is half the fun of the holiday season. But as more and more people watch their calories, (Continued on Page 12)

CUTTER'S CORNER

Here's a wish for every friend: holiday joy, without end!

875-4049
426 E. Central Raeford

Greetings

To all our friends: May your Christmas be truly joyous.

Country Caboodle
ELWOOD AVE.
and
Enviro-Chem
EDINBOROUGH AVE.

NOEL

We hope this joyous time will bring to you all the goodness of Yuletide.

Calico Corner
and
Gingham Edition
Main St.

Greetings of the Season

Wishing a bountiful harvest of holiday cheer to all our friends and neighbors! Merry Christmas!

SOUTHEAST FARM EQUIPMENT
Lumber Bridge, N.C.
Laurinburg, N.C.

NOEL

May your Christmas be filled with good will, abundance, and the tranquility of faith.

Sears
Catalog Merchant
ELWOOD AVE.

As you gather with loved ones during the holidays, we wish you the best that the season has to offer!

Edinborough Restaurant
Earl McDuffie
EDENBOROUGH CENTER

MERRY CHRISTMAS

We're delighted to have you as our customers. May your Christmas be filled with all the Season's joys.

McLauchlin Hardware and Lock Company
MAIN ST.

JOY TO EVERYONE!

May your Christmas sparkle and shine, may it be decorated with every happiness.

Elwood's Carpet Care
Elwood Townsend, owner
875-5668

Happy Holidays

Dashing your way with a sleigh full of good wishes for a Merry Christmas.

Harrison R. Daniels
System Manager