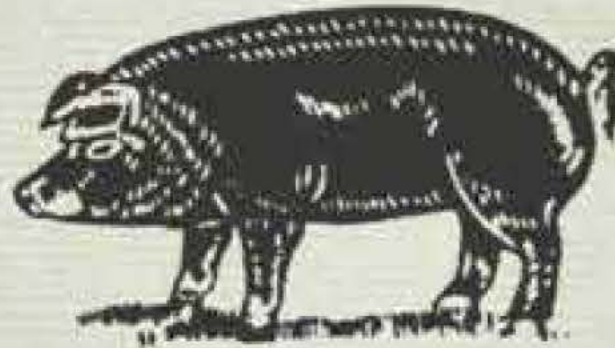


The Southern Table sm

VOLUME I : HAM SIMPLIFIED



THIS SMITHFIELD MARKETPLACE HAM GUIDE HELPS YOU
PREPARE, SERVE AND ENTERTAIN WITH SWEET CURE,
COUNTRY AND GENUINE SMITHFIELD HAMS.

Smithfield
MARKETPLACE

The Southern Table

Thank you for requesting our ham guide!
Volume 1: Ham Simplified

Inside this helpful booklet you'll find numerous facts and tips for preparing, carving and serving Smithfield hams. Smithfield hams are great for family suppers, elegant dinners and buffet parties.

We give you information about our boneless and bone-in, fully cooked and uncooked, Sweet Cure, Country and Genuine Smithfield Hams.

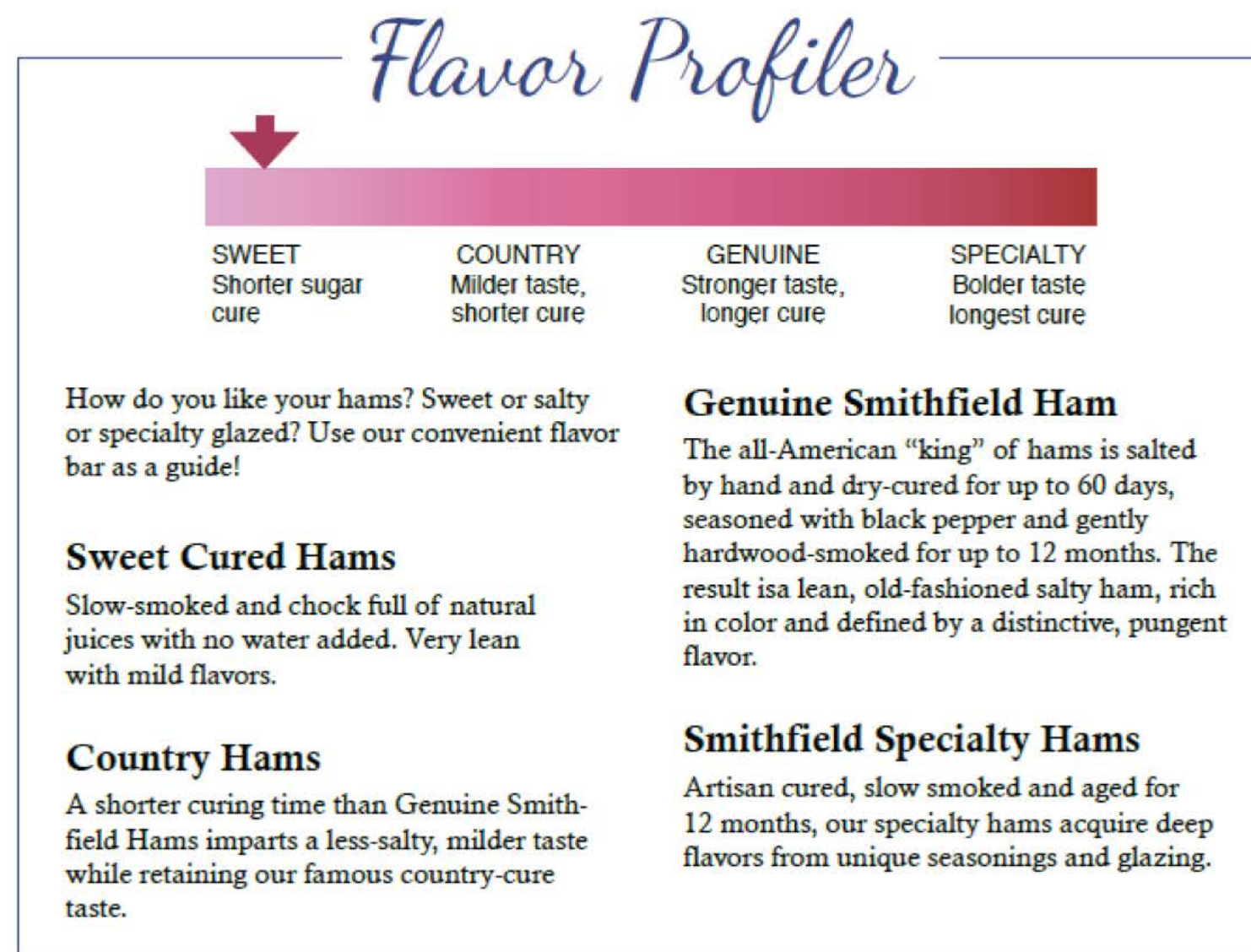
Included are some of our favorite recipes and a descriptive guide for choosing the right ham no matter what the occasion. We even answer the age old question of "how long do I need to heat the ham?" by including warming and carving instructions to help you prepare a flawless meal for family and guests.

We also added several delicious leftover recipes in the back of the booklet for your family's ongoing enjoyment after that special meal.

Order your Smithfield Ham at
www.smithfieldmarketplace.com



Our Exclusive Smithfield Marketplace Ham Flavor Profiler



Proper Handling and Storage

Refrigerate: You can refrigerate your ham for 10 to 14 days after you receive it.

Freeze: You can freeze your ham for up to 6 months after you receive it.

Thaw: 24 to 72 hours in the refrigerator
(length of time will vary with size of ham)



TIP: Glazing Smithfield Marketplace Hams

Prepare the glaze according to package or your recipe instructions.

How to Prepare an Uncooked Country or Genuine Smithfield Ham



To prepare ham:

Once you receive your uncooked Genuine Smithfield or Country Ham and are ready to prepare it, wash the ham thoroughly in warm water. Use a stiff brush to remove surface mold if present.

This mold is in no way injurious. Aged hams, like aged cheeses, mold in the curing process.

To reduce saltiness, soak ham in cold water for 6-24 hours prior to cooking.

Change the water often! Changing the water during soaking will aid in drawing salt from the ham. (If a milder salt flavor is desired, the soaking time can be increased). Cook your ham using the Water or Oven cooking instructions listed on the next page.

Suggestions for Cooking an Old-Fashioned Favorite

Water Cooking (preferred method):

Place ham skin side down in vessel and cover with cool water.

Bring water to 190 F (simmering, not boiling).

Cook approximately 25 minutes per pound or until 163 F internal temperature.

Add water as needed to keep ham covered

When done, take ham from vessel. While the ham is still warm, remove skin and fat as desired.

If a sweet coating is desired, sprinkle the fat side with brown sugar and bread crumbs and bake in oven at 400 F until brown (approximately 15 minutes)

Oven Cooking:

Wrap ham in heavy-duty aluminum foil joining edges carefully and forming a vessel with the bottom layer. Add four cups of water within the foil and place in oven with a tray or shallow pan underneath for support.

Cook by the following method:

Preheat oven to 300 F.

Bake ham for approximately three hours or 20 minutes per pound.

Using a meat thermometer, check for 163 F internal temperature in the thickest part of ham.

Remove ham and let cool to room temperature for one hour.

Remove skin and fat as desired.

If a sweet coating is desired:

sprinkle the fat side with brown sugar and bread crumbs and bake in oven at 400 F until brown (approximately 15 minutes).

Suggestions for Carving:

Use a very sharp knife and cut VERY THIN slices. With ham on platter, fat side up, begin slicing about two inches from hock or small end. Make first cut straight through to the bone.

Slant the knife for each succeeding cut. Decrease slant as slices become larger.

CAUTION: Please be careful while slicing ham to avoid personal injury.

Warming Instructions

If your ham is a fully cooked version, it is ready to eat, but if you wish to serve it warm follow these instructions.



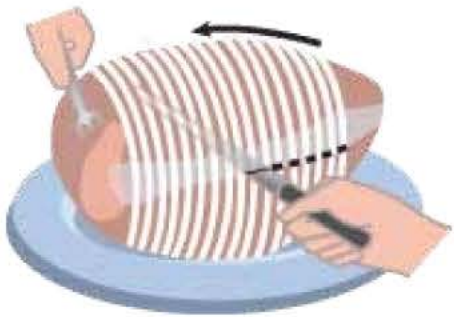
To serve warm: Preheat oven to 325°F. Remove all packaging material from ham.

Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 8 to 10 minutes per pound.

Ham is warmed when internal temperature reaches 120°F. For best results, do not overcook.

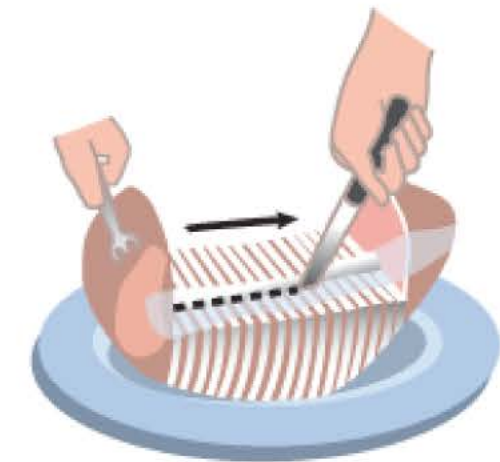
Carving Your Smithfield Ham

Whole Ham Carving Instructions: (Does not apply to Smithfield Boneless Hams)

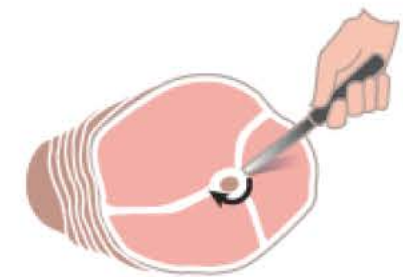


1. Place the whole ham (flat side down) on a cutting board with the shank (narrow end) to your right. Cut horizontally along center bone from right to left as shown. This will free slices from the bone.

2. To free remaining slices, cut along both sides of the center bone.

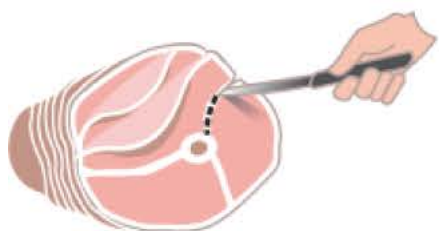


Half Ham Carving Instructions: (Does not apply to Smithfield Boneless Hams)



1. Cut around center bone with knife to free as many slices from the bone as desired.

2. Cut along the natural seams of the ham slices to remove sections of those slices you've already freed from the center bone.



Delicious and Easy Ham Recipes

Holiday Ham with Pecan Molasses Glaze

This holiday ham glaze is a snap and adds a nice crunch to the traditional holiday ham.

Serves: 12-18

Cook Time: 18 Minutes Per Pound

Smithfield Marketplace Spiral Sliced Ham

Ingredients

1 fully cooked Smithfield Spiral Sliced Ham

1 1/2 cup chopped pecans, divided

1 cup molasses

4 tablespoons pineapple juice

Steps

Preheat oven to 350° F. In a small mixing bowl, stir together 1 cup chopped pecans, molasses and pineapple juice.

Place ham flat side down in pan with 1 cup of water.

Brush or rub 1/2 of molasses mixture all over the outside of the ham. Cover pan tightly with aluminum foil or lid, and bake until internal temperature is 120°F.

Let ham stand 10 minutes. Brush with remaining molasses mixture and sprinkle with remaining 1/2 cup of chopped pecans before carving.



Delicious and Easy Ham Recipes

Country Ham & Cabbage - Smithfield Style

Ingredients:

2-3 lb chunk of Country Ham, cooked
1 quart fresh Water
2 Bay Leaves
1 teaspoon Black Peppercorns
2 slices Country Bacon, chopped
1 medium Onion, chopped
1 large clove Garlic, chopped
1 teaspoon Mustard Seed, toasted
8 small red-skinned Potatoes, halved
2 tablespoon fresh Parsley, chopped
1 large head of cabbage, quartered the halved

Directions:

Combine first four ingredients in a large heavy pot and bring to boil.
Cover, reduce heat to medium-low and add cabbage. Simmer for 3/4-1 hour.
Saute bacon with onion, garlic, and mustard seed. Add to pot, along with potatoes.
Continue to simmer for 30-45 minutes or until potatoes are tender.
Sprinkle with fresh parsley and serve with hot cornbread.

Delicious and Easy Ham Recipes

Baked Ham with Honey-Apricot Glaze

A sweet glaze is a natural partner for ham and this one's no different. Except for the apricots that is. Their sweet mellow taste gives this glaze its distinction. We recommend this recipe for our Hardwood Smoked Ham!

Smithfield Product: Hardwood Smoked Half Ham item 895

Serves: 12-18

Cook Time: 90 Minutes

Smithfield Item: Spiral Ham

Ingredients

- 1 One 7 – 9 lb. Smithfield Hardwood Smoked Half Ham
- 1 c. honey
- 1/3 c. soy sauce
- 1/3 c. apricot jam
- 1/2 t. ground nutmeg
- 1/4 t. ground cloves

Steps

Preheat oven to 325 degrees F. Place ham on rack in shallow roasting pan. Mix together remaining ingredients in medium bowl; pour glaze over ham and bake until ham is heated through to an internal temperature of 120 F.

Serving Suggestions

Serve with dilled potato salad and a fresh spinach salad.



Delicious and Easy Ham Recipes

Serving Suggestions for Ham Slices

Ingredients:

Country Ham Slices
Genuine Smithfield Ham Slices

Directions:

Party Rolls: Mix softened butter with brown sugar, Dijon mustard, ground cinnamon and ground cloves to taste. Spread on tiny yeast rolls and stuff with thinly sliced ham. Wrap in foil and heat til warm.

Crab Smithfield: Top thinly sliced ham with flaky crabmeat or seafood. Heat in a covered baking dish and top with your favorite sauce or salsa.

Fruit Picks: Wrap thin ham slices around melon balls, fresh figs, or pear slices. Secure with picks.

Honey Blues: Spread softened Blue Cheese on baguette slices, top with ham slices, and drizzle with honey.

Chicken Smithfield: Stuff boneless butterflied chicken breasts with ham slices and white cheese. Sprinkle with olive oil and chopped herbs, wrap with bacon and bake.

Grilled Barbecue Shrimp: Soak large peeled raw shrimp in orange juice for 1 hour. Wrap each piece with half slice bacon and secure with pick. Brush with barbecue sauce and grill until bacon is done.

Peanut Butter Bacon Crescents: Fry bacon slices until crisp. Drop 1 tbsp. chunky peanut butter on a refrigerated crescent roll triangle and top with bacon slice. Roll into a crescent and bake.



Simple Leftover Ideas

Ham and Cranberry Monte Cristo

A creative way to use your leftover holiday ham.

Serves: 4

Cook Time: 10 Minutes

Smithfield Product: Smithfield Spiral Ham, or Ham Slices

Ingredients

8 Slices Smithfield Ham

8 slices bread (potato bread, challah, egg bread or any other sweet soft bread)

2 cups cheddar cheese, shredded

1/2 cup whole cranberry sauce

1 cup baby arugula leaves

3 eggs

1/3 cup milk

1/2 teaspoon vanilla

1 teaspoon sugar

pinch nutmeg

4 tablespoons butter

Confectioners sugar for garnish

Steps

In shallow casserole dish, whisk eggs together with milk, vanilla, sugar and nutmeg. Spread equal amounts of cranberry sauce on one side of four slices of bread. Top cranberry sauce with two slices of ham, 1/2 cup cheese and 1/4 cup arugula. Top each stacked bread slice with the remaining four slices of bread.

Gently press together. In a large skillet, melt butter over medium/low heat. Dip each sandwich into milk mixture. Turn and dip the other side. Place in the hot pan and cook until each sandwich is golden brown and the cheese has melted. Remove from pan and drain on paper towels. Dust with confectioners sugar and serve warm.



Recipe and photo by Smithfield.

Simple Leftover Ideas



Ham and Egg Breakfast Burritos

An easy and delicious breakfast that can be made ahead of time and frozen for a quick and tasty meal on the go.

Serves: 4

Cook Time: 15 Minutes

Smithfield Product: Any Smithfield Ham

Ingredients

12 ounces chopped Smithfield Ham
(If you use a saltier country ham,
omit the extra salt listed below)
1/3 cup chopped red bell pepper
1/3 cup chopped green bell pepper
1/4 cup chopped onion
3 egg whites
2 whole eggs
2 tablespoons nonfat milk
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
4 8-inch flour tortillas, heated
1/3 cup salsa
Chopped fresh cilantro OR chives (optional)
Nonstick cooking spray

Steps

Cook red and green bell peppers and onion over medium heat in large nonstick skillet coated with nonstick cooking spray for 3-5 minutes or until tender, stirring occasionally.

Beat together egg whites, eggs, milk, salt and black pepper in medium bowl until combined. Pour egg mixture over vegetables in skillet. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Lift and fold the partially cooked egg mixture with spatula so uncooked portion flows underneath. Continue cooking and folding mixture until eggs are cooked through, but still glossy and moist. Fold in ham; continue cooking until heated through, gently folding mixture occasionally. Remove skillet from heat. To assemble, spoon mixture near the center on each tortilla. Fold bottom up over filling. Fold in side and roll to enclose mixture. To warm tortillas, place tortillas on dinner plate, slightly overlapping.

Cover with damp paper towel. Microwave on HIGH about 30 seconds or until warm.

Simple Leftover Ideas

Cheesy Ham and Macaroni

An easy entree that's sure to please even the pickiest eaters in your house.

Serves: 6

Cook Time: 30 Minutes

Smithfield Product: Smithfield Sweet Cure Ham

Ingredients

1 1/2 cup Smithfield Ham

1 1.8 oz package white sauce mix

2 cups milk

1/2 cup grated Parmesan cheese

1/2 cup cubed American Cheese

1/8 teaspoon ground pepper

7 ounces macaroni, cooked according to directions, drained

1 cup frozen green peas

Steps

Thaw the frozen peas. In a large saucepan stir together white sauce mix and milk.

Following package directions, cook until thickened. Stir in cheese and pepper.

Add macaroni, ham and peas and cook, stirring until heated through. Serve hot.

Serving Suggestions

Become a hero with your kids when you serve this creamy combination of cheese, ham and macaroni.

Better yet, invite your kids to help you make it. Serve with apple slices.



Recipe and photo courtesy of the National Pork Board. For more information visit www.porkbeinspired.com

Simple Leftover Ideas



Ham and Cheese Quesadillas

Ingredients

1 lb. Smithfield Sweet Cured Ham,
or ½ lb. Smithfield Country Ham, chopped
2 cups sharp cheddar cheese, shredded
1 cup kernel corn, thawed and drained
1 - 4 oz. can green chilies, diced
8 - 10" flour tortillas
sour cream (as needed)
salsa (as needed)

Preparation

1. In medium size bowl, combine ham, cheese, corn and chilies. Mix well.
2. Scoop ½ cup of filling on the right side of the tortilla. Spread slightly toward the outside edges of the tortilla.
3. Fold the left side over the filling, making a half-moon shape.
4. Place quesadillas on a griddle, or in an electric fry pan sprayed with nonstick cooking spray.
5. Cook until each side is golden brown, filling is heated through and cheese is melted.
6. Cut each quesadilla in thirds.
7. Serve immediately with sour cream and salsa on the side.