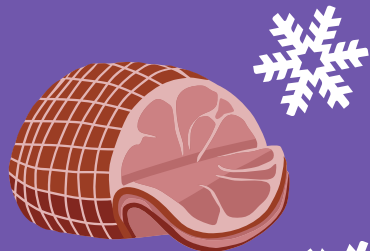


# Ham Thawing & Roasting Times

## Thawing Times



### Size

### In the Fridge

### In Cold Water

4-5 lb

24 hours

Submerge the ham in cold water, changing the water every 30 minutes. Time: 30 minutes per lb. Example: A 10-pound ham would take about 5 hours.

8-12 lbs

2-3 days

16-20 lbs

4-5 days

## Roasting Times

### Pre-Cooked, Spiral-Cut (Bone-In)

- Oven Temp: 275°F
- Time: 10–18 minutes per pound
- Internal Temp: 145°F/ 63°C

### Fresh (Raw) Ham

- Oven Temp: 325°F
- Time: 22–26 minutes per pound
- Internal Temp: Internal Temp: 145°F/ 63°C (with a 3-minute rest)

### Pre-Cooked, Whole (Bone-In or Boneless)

- Oven Temp: 325°F
- Time: 15–18 minutes per pound
- Internal Temp: Internal Temp: 145°F/ 63°C

### Country Ham (Dry-Cured)

- Requires soaking in water (4–12 hours depending on saltiness) before cooking.
- Oven Temp: 325°F
- Time: 20–25 minutes per pound
- Internal Temp: Internal Temp: 145°F/ 63°C

## Tips

- Per The USDA: Cook all raw fresh ham and ready-to-eat ham to a minimum internal temperature of 145 °F (63 °C) as measured with a food thermometer before removing meat from the heat source.
- Cover ham loosely with foil to prevent it from drying out during cooking.
- Let the ham rest for 10–15 minutes before slicing to retain juices.

