

Ham Cooking Chart

Set oven temperature to 325 °F		
Type	Weight	Timing
Smoked Ham, cook before eating		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.
Smoked Ham, cooked		
Reheat cooked hams packaged in USDA-inspected plants to a minimum internal temperature of 140 °F and all others to 165 °F.		
Whole, bone in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.
Fresh ham, uncooked		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole leg, bone in	12 to 16 lbs.	22 to 26 min/lb.
Whole leg, boneless	10 to 14 lbs.	24 to 28 min/lb.
Half, bone in	5 to 8 lbs.	35 to 40 min/lb.
Country ham		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		

Set oven temperature to **325 °F**

Type	Weight	Timing
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 the ham and cook at 400 °F for 15 minutes to brown.

Date Last Reviewed February 10, 2023