

Ham Cooking Chart

Set oven temperature to 325°F (163°C)		
Type	Weight	Timing
Smoked Ham, cook before eating Cook to a minimum internal temperature of 145°F (63°C) 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 (60°C) and all others to 165°F (74°C).		
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 (63°C) 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		

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Cook to a minimum internal temperature of 145°F (63°C) and allow to rest for at least 3 minutes.		
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 (204°C) for 15 minutes to brown. 	

Date Last Reviewed September 21, 2023