

Ham Cooking Times and Temperatures

Oven Baked - 350°F

Type	Cut	Weight	Temperature	Cooking Time
Ham (cured and smoked)	Arm picnic shoulder (bone-in)	5–8 lbs.	170°F	30 min.
	Shoulder boneless roll	2–3 lbs.	170°F	35–45 min.
Ham (smoked, raw)	Half ham (bone-in)	5–7 lbs.	160°F	25–30 min.
	Whole ham	10–14 lbs.	160°F	18–20 min.
	Whole ham	14–16 lbs.	160°F	15–18 min.
Ham (smoked, fully cooked, heat at 325°F)	Half ham (bone-in)	5–7 lbs.	140°F	18–20 min.
	Half ham (boneless)	3–4 lbs.	140°F	25–30 min.
	Whole ham (bone-in)	12–14 lbs.	140°F	15 min.
	Whole ham (boneless)	6–8 lbs.	140°F	10–12 min.
	Whole ham (boneless)	14–16 lbs.	140°F	5–7 min.

Note: Start with the ham at refrigerated temperature. Remove it from the oven when it reaches 5° to 10°F below the desired doneness; the temperature will continue to rise as the meat stands.

Grilled

Type	Cut	Weight	Medium (145°F)	Well Done (160°F)
Ham (fully cooked)			8–10 min. per lb.	
Ham (raw)		3–4 lbs.		10–12 min. per lb.
		5–7 lbs.		12–18 min. per lb.
		10–14 lbs.		30–35 min. per lb.

Note: When grilling with indirect heat generally the coals (or burners on a gas grill) are heated to a high heat. When grilling with direct heat the coals (or burners on a gas grill) are heated to a medium heat. Use these heat settings unless you have a recipe that states something different.

Baking Ham at 325°F in an Oven Bag

Cut	Weight	Cooking Time			Add Water to Oven Bag	Temperature
		Regular-Size Oven Bag 10"x 16"	Large-Size Oven Bag 14"x 20"	Turkey-Size Oven Bag 19"x 23½"		
Smoked picnic	5–8 lbs.		2¼–3 hrs.		¼ cup	170°F
Whole fully cooked ham (Bone In)	12–16 lbs.			2½–3¼ hrs.	none	140°F
Fully cooked ham half (Bone In)	6–8 lbs.		1½–2 hrs.		none	140°F
	8–10 lbs.			2–2½ hrs.	none	140°F
Fully cooked ham half (Boneless)	2–4 lbs.	1–1¾ hrs.			½ cup	140°F
	4–6 lbs.		1¼–1¾ hrs.		½ cup	140°F
	10–12 lbs.			2¼–2¾ hrs.	½ cup	140°F
Smoked shank or rump half ham (spiral sliced, place cut side down)	8–10 lbs.			1½–1¾ hrs.	None	140°F

Whole country ham (Bone In)	10–14 lbs.			3½–4½ hrs.	Soak covered in water 24 hours before cooking; drain. Add 4 cups fresh water to bag to cook.	Fork Tender
Country ham half (Bone In)	5–7 lbs.			2½–3 hrs.	Soak covered in water 24 hours before cooking; drain. Add 2 cups fresh water to bag to cook.	Fork Tender

Oven Bag Instructions: Preheat the oven to 325°F. Add 1 tablespoon flour to the oven bag and distribute evenly on the inside of the bag prior to inserting the ham. Remove the ham from the oven when the meat thermometer reaches the temperature listed or when the meat is fork tender. If using a turkey-size oven bag for a ham smaller than 12 lbs., gather the oven bag loosely around the ham allowing room for heat circulation; then close the bag with a nylon tie, and cut away any excess oven bag.