

# Holiday Cooking

## Holiday Ham: The Meal That Keeps On Giving

(NAPSA)—Serving up a delicious ham for the holiday table can be easy and stress-free. That's especially true when you can get help from the experts on standby at the Kentucky Legend Ham Hotline—(866) 343-5058—open from 9 a.m. to 7 p.m. Eastern Time, Monday through Friday, from November 8 through December 30. They can even offer some creative ways to prepare any leftovers.

### How To Ham It Up

Their top ham prep tips include:

- Allow  $\frac{1}{4}$  to  $\frac{1}{3}$  pound per person if the ham is boneless;  $\frac{1}{3}$  to  $\frac{1}{2}$  pound for bone-in hams.

- Most hams are precooked (read the label) and require only gentle reheating at 325° F to an internal temperature of 140° F.

- Score the ham before you place it in the oven by making crisscross cuts with a sharp knife about  $\frac{1}{4}$  inch deep, then add a delicious glaze during the last 30 minutes of cooking/reheating time.

### A Word From An Expert

Anyone can prepare a delicious ham, especially with the help of the hotline, says Diane Morgan, author of more than 16 cookbooks. "Ham is a very versatile choice for the holiday table," she says. "And the leftovers can be used in endless ways, from sandwiches and omelets to easy and economical casseroles and soups."

### How Come A Ham Hotline?

Launched in response to the many calls received regarding ham



**After the feast, you and your family can enjoy the leftovers and have a festive time with ham-filled tacos.**

preparation, the Kentucky Legend Ham Hotline is the first hotline dedicated just to ham. From ham selection and preparation to carving and serving up leftovers, the hotline is there to help. Here is one recipe suggestion:

### Ham Tacos

**2-3 cups Kentucky Legend**

**Ham, finely diced**

**1 cup chopped onions**

**1 tablespoon olive oil**

**1 cup mild prepared salsa**

**1 teaspoon ground cumin**

**Sauté onions in olive oil in large skillet until soft. Add ham, salsa and cumin; heat through. Place in hard or soft taco shells; add fixings (lettuce, tomato, shredded cheese, sour cream, guacamole, jalapeños) and serve.**

### Learn More

You can find more advice about ham and great recipes at [www.specialtyfoodsgroup.com](http://www.specialtyfoodsgroup.com).