


Martin Luther College of Agriculture, Food and Environment

How to cure our 4-H Country Hams




Tony Rose
ADAIR COUNTY
4-H Youth Development



Getting Started

Green Ham



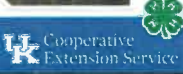
- ❖ Uncured, fresh, hind leg of a pig
- ❖ The closer to the time of harvest the better
 - Ideally within 48 hours
- ❖ But...can be done with older hams
- ❖ Skin still needs to be soft

Two ways of curing hams

Two ways to cure hams

- ❖ **Bag Cure**
 - Cure rubbed on hams then wrapped in paper
- ❖ **Saltbox Cure**
 - Submerge ham in cure or cover ham with cure, then add more cure a few weeks later

Getting Started

- ❖ **Need:**
 - Ham (Green Ham)
 - Cure
 - Saw
 - Waxless paper
 - Ham Sock
- ❖ **Cure (100lbs of Ham)**
 - 8# salt, 2# Brown Sugar, Black Pepper, Red Pepper



The Green Ham

- ❖ **Long hocks**
 - 2" from heel
- ❖ **May need to trim loose fat and muscle**
 - Be Careful
 - Remember this ham will shrink by a 1/3 of its original size



Cure Mix + Green Ham = X

- ❖ **Fairly simple part of the process**
- ❖ **2 1/4 to 2 3/4 lbs cure per ham**
 - May have to calculate the amount needed
- ❖ **Get plenty of cure in the hock**
 - Bone Sour
- ❖ **Rub the cure all over the ham**




Cure Recipe

You need 10 pounds of cure for 100 pounds of meat.

That is 1 pound of cure for every 10 pounds of ham.

You will need 8 pounds of cure & 2 pounds of brown sugar

Each green ham will weigh around 20-25 pounds



For 1 ham with a weight of 20-25 pounds
You will need:
2 pounds of cure
½ to ¾ pounds of brown sugar
Mix them before using the cure mix on the ham.




Wrapping the Ham





Turn paper to where it appears like a diamond in front of you, fold the corner over the hock, then fold one side over, then fold the top, followed by the folding the other side.

Ready to wrap




The Paper and Hanging

- ❖ Paper has to be waxless
 - Water needs to escape and the ham needs to breath
- ❖ Hang hams hock down
 - Tear drop shape
- ❖ Socks will stretch

- ❖ Be sure to hang the ham hock down.
- ❖ Be sure to put the seam of the sock over the hock.
- ❖ After getting ham in sock be sure to rub as many wrinkles out of the paper as possible.
- ❖ Tie one knot in the sock as close to the ham as possible.
- ❖ Tie the second knot three inches about the first knot
- ❖ Use a second knot to hang the ham on the ham hook.




 Cooperative Extension Service

What you will see

- ❖ Muscle = 70% to 75% water
- ❖ Water will be purged from the hams
- ❖ Paper and Sock will get wet
- ❖ The floor will get wet
- ❖ Hams will lose weight
- ❖ Dry toward the end of the process




 Cooperative Extension Service

Spring or Salt Equalization

- ❖ Cured ham
- ❖ Salt Equalization
 - Gradual warming of the ham and weather
 - Helps to evenly distribute the salt throughout the ham
- ❖ Time to "Shuck" the ham!!
- ❖ Ham will need about 50 days to complete the cure.
- ❖ The internal temperature of the ham does not need to go about 45 degrees Fahrenheit.
- ❖ On May 24, 2024, Adair County will shuck their hams.

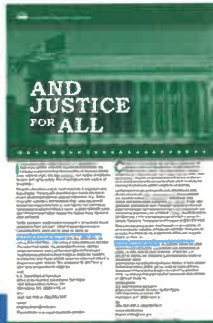


 Cooperative Extension Service

The Summer Sweat aka Aging

- ❖ Re-socked or Socked
- ❖ Spring into Summer
- ❖ Develops the characteristic Country Ham flavor and aroma
- ❖ The longer a ham is aged:
 - The stronger the flavor
 - The salt concentration increases
 - More moisture is lost





The Martin-Garrison College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and administration to provide courses, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of assistance for past or future civil rights activity.

Reasonable accommodation of disability may be available at no price to user.

Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matters should be directed to:

- Equal Opportunity Office, Martin-Garrison College of Agriculture, Food and Environment, University of Kentucky, Room 5-105, Agriculture Science Building, Lexington, Kentucky 40546
- UK Office of Institutional Equity and Equal Opportunity, 13 Mass Building, University of Kentucky, Lexington, KY 40506-0022
- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1405 Independence Avenue, SW, Washington, DC 20250-9410



Ham Dates

- Jan. 15 - Curing Day
- May 24 - Ham Cleaning Day
- Aug 13 - Ham Prep Day for State Fair
- Aug 15 - State Fair Ham Day -



2024 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member Initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2014-2010) How to cook and store a country ham - Discuss the best ways to store your country ham after the fair and the various ways to cook a country ham. Senior (Born 2005-2009) How to market and sell Country Hams. (visual aids are optional, no digital/electronic devices) Please note – ALL SENIOR PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DISQUALIFIED AND HAMS FORFEITED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at your County Designated facility until the State Fair– Ham’s WILL NOT be allowed to be stored at individual homes/facilities. (Failure to complete the project will result in the fee NOT being refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years Country Ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2024.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2025.

Agents please scan this document into 4-H Online when you sign up youth.

