



FRESH HAM

The first step in preparing consistently delicious Roast Pork is to invest in a quality internal stem thermometer. This will not only assure a succulent roast done to your liking, it will also insure your meal was cooked in accordance with food safety guidelines. This greatly decreases the chance of illness.

The next steps are to:

1. Preheat oven and empty roasting pan to 500 degrees. (Approximately 10 minutes)
2. Season the roast on all sides with a generous amount of salt, pepper, granulated garlic or other seasonings of your choice.
3. Place the meat in the preheated roasting pan, fat side down, for approximately 15 minutes or until a desired browning color is obtained.
4. Turn the roast over and let the other side brown to your liking. (Approximately 15 minutes longer.)

After steps 3 & 4 are complete, turn the oven temperature down to 300 degrees. Cover the top of the roast with a generous amount of thick freshly sliced onions, secured with toothpicks. This gives the meat a nice flavor and also flavors the drippings for a nice gravy after cooking is done.

A good guide to follow is to roast for 30 minutes per pound of meat.

USDA recommends that you roast to an internal temperature of 158 degrees.