

Sugardale



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2 Inside this helpful booklet you'll find numerous facts and tips for preparing, carving and serving every type of Sugardale ham. We give you information about Bone-In, Boneless, Semi-Boneless, Spiral Sliced (bone-in and boneless), and ham steaks and slices.

Included are some of our favorite recipes and a descriptive guide for choosing the right ham no matter what the occasion. We even answer the age old question of "how long do I need to heat the ham?" by including warming and carving instructions to help you prepare a flawless meal.

Sugardale Your Family Will Love You For It.

SERVINGS based on a 6 oz. serving size. Number of servings will vary depending on the weight of the ham.

	Bone-In	Boneless
Whole Ham	30-35 servings	35-40 servings
Half Ham	15-20 servings	20-25 servings
Quarter Ham	-	7-10 servings
Steaks and Slices	1-3 servings	1-3 servings

Refrigeration & Freezing Instructions

Refrigerate: If serving within 10 to 14 days of purchase

Freeze: Use within 3 to 4 months of freezing

Thaw: 24 to 72 hours in the refrigerator (length of time will vary with size of ham)

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Glazing Instructions

Glaze all hams during the last 30 minutes of heating time.

Prepare the glaze according to package or recipe instructions. Spoon or brush the glaze over the entire ham and place, uncovered, in the oven for the last 30 minutes of heating time. When ready to serve, place the extra glaze in a bowl and serve alongside the ham for added flavor.

Bone-In Hams

Sugardale offers a variety of bone-in style hams. Bone-in hams have a traditional ham flavor and are generally larger than a boneless or semi-boneless ham. Sugardale bone-in hams are available year-round and add a distinct flavor to soups, quiche, salads or pasta dishes.

Sugardale bone-in hams include whole and half sizes:

- Double-Smoked Ham
- Skinless Shankless Ham
- Premium Short Shank Ham
- Prestige Ham



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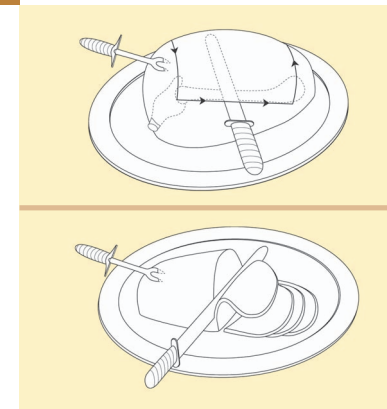
Warming Instructions

All Sugardale bone-in hams are fully cooked and ready to eat.

To serve warm: Preheat oven to 325°F. Remove all packaging material from ham. Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 7 minutes per pound. Ham is warmed when internal temperature reaches 120°F. Do not overcook; ham will dry out.

Carving Instructions

1. Place whole ham on cutting board.
2. Begin cutting at the large end of the ham and draw the knife down along the center bone.
3. Remove the lean meat and place it on a carving board and slice.
4. Repeat the same process on the other side of the ham.



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Cherry Cola Baked Ham

INGREDIENTS

- 1 Sugardale Bone-In Ham
- 6 to 7 cups cherry cola flavored beverage
- 1 1/4 cup brown sugar
- 1/3 cup maraschino cherry juice

- 1/3 cup honey
- 1 T. Dijon mustard
- 1/4 tsp. pumpkin pie spice

PREPARATION

1. Preheat oven to 325°F.
2. Score ham with a sharp knife in a diamond pattern.
3. Place ham in a shallow baking dish or roasting pan.
4. Pour cherry cola around ham so that it is 2 inches deep. You may have to add cola depending on the size of your pan.
5. Make a foil tent and place over ham.
6. Bake 2 hours basting with the cola every 20 minutes.
7. Meanwhile, combine brown sugar, maraschino cherry juice, honey, Dijon mustard and pumpkin pie spice in a small saucepan. Bring to a boil, reduce heat and simmer 5 minutes.
8. Remove ham from oven and brush with glaze.
9. Bake uncovered for an additional 35 minutes brushing with glaze every 10 minutes.

Semi-Boneless Hams

Sugardale semi-boneless hams have more meat and less bone than a traditional bone-in ham, and are available in whole or half sizes.

Sugardale semi-boneless hams are available in whole and half sizes:

- Sugardale Semi-Boneless Ham

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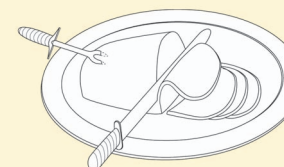
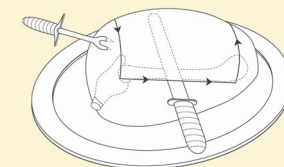
Warming Instructions

All Sugardale semi-boneless hams are fully cooked and ready to eat.

To serve warm: Preheat oven to 325°F. Remove all packaging material from ham. Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 8 to 10 minutes per pound. Ham is warmed when internal temperature reaches 120°F. Do not overcook; ham will dry out.

Carving Instructions

1. Place whole ham on cutting board.
2. Begin cutting at the large end of the ham and draw the knife down along the center bone.
3. Remove the lean meat and place it on a carving board and slice.
4. Repeat the same process on the other side of the ham.



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Pineapple Mustard Glazed Ham

INGREDIENTS

1 Sugardale Semi-Boneless Ham

Glaze:

1 - 12 oz. jar apple jelly	1 - 1 3/4 oz. container ground mustard
1 - 12 oz. jar pineapple sundae topping	2 T. prepared horseradish
	1 T. black pepper

PREPARATION

1. Preheat oven to 325°F.
2. Score ham with a sharp knife in a diamond pattern.
3. Place ham in a shallow baking dish or roasting pan, cover with foil and bake for 1 hour 15 minutes.
4. In a small saucepan over low heat, combine apple jelly, pineapple topping, ground dry mustard, horseradish and black pepper.
5. Heat, stirring occasionally, until apple jelly has melted and ingredients are warm.
6. Uncover the ham and brush with glaze.
7. Bake uncovered an additional 30 to 40 minutes brushing glaze every 10 minutes.

Boneless Hams

Sugardale boneless hams are a great alternative to a bone-in ham. Carving is extremely simple with a Sugardale boneless ham because there's no bone to remove, which makes them an excellent choice for buffets or parties.

Sugardale boneless hams are available in whole, half, quarter and sliced quarter sizes including:

- Sugardale Country Inn Hams
- Virginia Classic Ham



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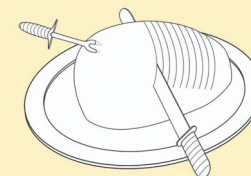
Warming Instructions

All Sugardale boneless hams are fully cooked and ready to eat.

To serve warm: Preheat oven to 325°F. Remove all packaging material from ham. Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 8 to 10 minutes per pound. Ham is warmed when internal temperature reaches 120°F. Do not overcook; ham will dry out.

Carving Instructions

1. Place whole ham on cutting board.
2. Begin cutting at either end of the ham, slicing from top to bottom.
3. Remove the lean meat and place it on a serving platter.



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Creamy Pasta with Honey Ham, Peas and Asparagus

INGREDIENTS

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|-----------------------|---|
| 1/2 cup heavy cream | 1 lb. asparagus, trimmed and cut into 1-inch pieces |
| 1/2 cup chicken broth | 1 1/2 cups frozen peas |
| 1 T. lemon juice | 1 cup grated Parmesan cheese |
| 1 tsp. lemon zest | 2 cups Sugardale Boneless Ham, diced |
| 12 oz. rotini pasta | 2 T. fresh parsley, chopped |

PREPARATION

1. In medium sauce pan, over medium heat bring the cream, chicken broth, lemon juice and lemon zest to a boil.
2. Cook, stirring occasionally, until reduced to about 2/3 of a cup (about 5 minutes).
3. In large pot of boiling water cook pasta for 7 minutes.
4. Add asparagus and peas to the pasta. Bring back to a boil and cook until the vegetables are tender (about 3 to 4 minutes).
5. Drain the pasta and vegetables thoroughly in a colander and return to pot.
6. Add the cream sauce, ham, cheese and parsley, then toss. Season with salt and freshly ground pepper.

Spiral Sliced Bone-In Hams

To complement the bone-in ham line, Sugardale spiral-slices its traditional bone-in ham for easier serving and a beautiful presentation. Spiral sliced hams are the perfect item for a buffet table or special occasions because there is no slicing involved.

Sugardale spiral sliced bone-in hams are available in half sizes including:

- Sugardale Spiral Sliced Bone-In Ham

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Warming Instructions

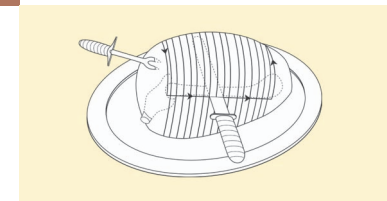
All Sugardale spiral sliced bone-in hams are fully cooked and ready to eat.

To serve warm: Preheat oven to 325°F. Remove all packaging material from ham. Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 7 minutes per pound. Ham is warmed when internal temperature reaches 120°F. Do not overcook; ham will dry out.

Serving Instructions

Spiral sliced bone-in hams are not sliced all the way through so that the ham stays intact during heating. The ham is sliced within an inch of the center bone.

1. In order to remove the spiral slices, run your knife along the center bone to loosen the slices.
2. Place the slices on a platter and serve.
Or, if you have a stand, you can place the ham in the stand and loosen the slices around the bone as mentioned above.



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Apricot Glazed Spiral Ham

INGREDIENTS

- 1 Sugardale Spiral Sliced Bone-In Ham
- 2 cloves garlic, minced
- 1 1/2 tsp. salt
- 1/2 tsp. rosemary
- 1/4 tsp. thyme
- 1/4 tsp. black pepper

- 1 oven cooking bag
- 1 tsp. flour

Apricot Glaze:

- 1 - 14 oz. jar apricot preserves
- 1/4 cup light corn syrup
- 2 T. cider vinegar
- 1/2 tsp. dry mustard

PREPARATION

1. Preheat oven to 325°F.
2. In a small bowl, combine garlic, salt, rosemary, thyme and black pepper. Rub onto the ham, coating it completely.
3. Spoon flour into roasting bag and shake to coat inside of bag. Place ham cut side down in bag. Secure opening of bag with nylon tie, place it in a shallow baking dish or roasting pan. Using scissors, cut six 1/2 inch slits in the top of the bag.
4. Roast for 2 hours, face down.
5. To prepare the Apricot Glaze: In small saucepan, combine the glaze ingredients; stir over moderately low heat until the mixture begins to bubble, then simmer for 1 minute.
6. Remove ham from oven; cut bag open and fold down the sides, being careful of steam. Pour glaze over the ham. Cook uncovered 30 minutes longer.
7. Transfer the ham to a large platter and serve with pan juices.

Spiral Sliced Boneless Hams

To complement the boneless ham line, Sugardale spiral-slices its traditional boneless ham for easier serving and a beautiful presentation. Sugardale's boneless spiral sliced hams provide all the flavor of a bone-in ham without the bone. The boneless spiral sliced hams are particularly easy to serve. Sugardale offers a variety of sizes in this category. So, whether you're looking for a ham to serve 10 people or a ham to serve two, the boneless spiral sliced ham is definitely one to try.

Sugardale spiral sliced boneless hams are available in a variety of sizes including:

- Sugardale Spiral Sliced Boneless Honey Ham (Half)
- Sugardale Petite Spiral Sliced Honey Ham
- Sugardale Quarter Boneless Spiral Sliced Honey Ham



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Warming Instructions

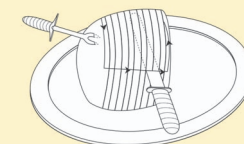
All Sugardale spiral sliced boneless hams are fully cooked and ready to eat.

To serve warm: Preheat oven to 325°F. Remove all packaging material from ham. Place ham into pan at least 1 inch deep; add 1/2 cup water to pan. Cover tightly with aluminum foil. Place in oven for 9 to 10 minutes per pound. Ham is warmed when internal temperature reaches 120°F. Do not overcook; ham will dry out.

Serving Instructions

Spiral sliced boneless hams are not sliced all the way through so the ham stays intact during heating. The ham is sliced within an inch of its center.

1. In order to remove the spiral slices, run your knife along the center of the ham, where the spiral slicing stops, to loosen the slices.
2. Place the slices on a platter and serve.



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Spiral Sliced Boneless Ham with Appleberry Chutney

INGREDIENTS

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| 1 Sugardale Spiral Sliced Boneless Ham | 2 tsp. pumpkin pie spice |
| 3/4 cup Granny Smith apples, diced | 1 cup water |
| 12 oz. fresh cranberries | 3/4 cup white sugar |
| 1/2 cup golden raisins | 1/2 cup cider vinegar |

PREPARATION

1. Prepare ham according to warming instructions.
2. In a medium saucepan, boil water and sugar, stirring constantly until sugar is dissolved.
3. Add apples, cranberries, raisins, vinegar and pumpkin pie spice.
4. Bring back to a boil, reduce heat and simmer for 10 minutes.
5. Remove from heat and allow to cool for 5 minutes.
6. Remove ham from oven, carve.
7. Serve immediately with appleberry chutney.

Ham Steaks and Slices

Sugardale boneless ham slices and bone-in center-cut ham steaks are great for grilling. Sugardale ham slices are perfect for any meal. Pair with eggs for breakfast, make a hearty ham sandwich at lunch, or grill and add to pasta for a delicious dinner alternative. Sugardale ham slices are low in fat and offer delicious ham flavor without preparing an entire ham.

Sugardale ham steaks:

- Sugardale Prestige Center Cut Ham Steaks

Sugardale boneless ham slices:

- Country Inn (2/pack, 4/pack, Low Salt, Breakfast Slices)

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Warming Instructions

All Sugardale ham steaks and slices are fully cooked and ready to eat.

To serve warm: There are many ways to prepare ham steaks and slices.

Grill, pan-fry or broil your ham steak or slice for approximately 3 minutes per side for boneless and approximately 7 to 8 minutes per side for bone-in. You can also add your favorite glaze recipe for extra flavor.

For a faster meal, microwave for 4 to 5 minutes.

Ham Steaks with Maple Bourbon Glaze

INGREDIENTS

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|--------------------------------|--------------------------|
| 2 Bone-In Sugardale Ham Steaks | 1 T. soy sauce |
| 3 T. maple syrup | 2 garlic cloves, crushed |
| 2 T. bourbon | 1 tsp. Dijon mustard |

PREPARATION

1. In a small bowl, stir together maple syrup, bourbon, soy sauce, garlic and mustard.
2. Grill Sugardale Ham Steaks for 5 to 6 minutes. During last few minutes of cooking begin brushing with glaze.
3. Remove Sugardale Ham Steaks from grill and brush with remaining glaze.

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Gourmet Ham and Cheese Panini

INGREDIENTS

- | | |
|--|--|
| 4 T. Dijon mustard | 8 slices of tomato |
| 4 T. sour cream | 8 slices of smoked Gouda or Jarlsberg or Havarti cheese, sliced thin |
| 2 T. grated Parmesan cheese | Cooking Spray |
| 8 slices Italian bread | |
| 8 Sugardale Country Inn Breakfast Slices | |

PREPARATION

1. Combine mustard, sour cream, and Parmesan cheese to make the sauce.
2. Spread sauce on each slice of bread.
3. Layer slices of cheese, ham and tomato on 4 bread slices and top with remaining 4 bread slices.
4. Grill sandwiches on a pre-heated George Foreman Grill or panini grill sprayed with cooking spray for about 5 minutes or until cheese is melted and bread is toasted.
Alternate preparation: warm a skillet over medium-high heat, spray with cooking spray and cook sandwiches about 3 minutes on each side, pressing down with a spatula to flatten.

Western Omelet

INGREDIENTS

1 T. butter
3 large eggs
2 T. green pepper, finely chopped
1 T. onion, finely chopped

2 T. milk
1/2 cup Sugardale Ham, diced
1/4 cup shredded cheddar cheese
dash salt & black pepper

PREPARATION

1. In omelet pan, melt butter. Saute green pepper, onion and ham.
2. Combine eggs and milk, beat.
3. Add to omelet pan. Stir eggs in center of pan, moving uncooked eggs to the outside edges.
4. Carefully flip eggs to the other side and continue cooking for 15 to 20 seconds.
5. Place shredded cheese on top of eggs.
6. Fold eggs over cheese and slide onto serving plate.
7. Serve with your choice of bread/toast.

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Panini Ham and Bacon Club

INGREDIENTS

2 T. mayonnaise
3 oz. Sliced Sugardale Ham
2 strips Sugardale Ready Bacon®

2 slices tomato
3 to 4 fresh basil leaves
3 slices sourdough bread
2 tsp. butter, softened

PREPARATION

1. Place ham slices, 1 cheese slice, basil leaves and 1/2 mayonnaise on bottom bread slice.
2. Top with second bread slice.
3. Place bacon strips and tomato slices on top of the second bread slice.
4. Spread top with additional mayonnaise. Place top slice of bread, mayonnaise-side down, on top of tomato.
5. Spread the outside of sandwich with butter.
6. Brown in skillet on medium heat until lightly brown on both sides.

Ham and Cheese Quesadillas

INGREDIENTS

1 lb. Sugardale Ham, chopped
2 cups sharp cheddar cheese, shredded
1 cup kernel corn, thawed

1 - 4 oz. can green chilies, diced
8 - 10" flour tortillas
sour cream (as needed)
salsa (as needed)

PREPARATION

1. In medium size bowl, combine ham, cheese, corn and chilies. Mix well.
2. Scoop 1/2 cup of filling on the right side of the tortilla. Spread slightly toward the outside edges of the tortilla.
3. Fold the left side over the filling, making a half-moon shape.
4. Place quesadillas on a griddle or in an electric fry pan sprayed with nonstick cooking spray.
5. Cook until each side is golden brown, filling is heated through and cheese is melted.
6. Cut each quesadilla in thirds.
7. Serve immediately with sour cream and salsa on the side.

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Easy Monte Cristo Sandwiches

INGREDIENTS

4 Sugardale Country Inn Breakfast Slices
8 oz. turkey, sliced
8 slices French toast, frozen, prepared

4 slices Swiss cheese
maple syrup, warmed (as needed)

PREPARATION

1. Place four slices of French toast on a plate and top each with a breakfast slice, 2 ounces of turkey and a Swiss cheese slice.
2. Place remaining French toast slices on top of Swiss cheese.
3. Place sandwiches on a preheated George Foreman grill, and cook until sandwiches are heated through and cheese is melted.
4. Serve immediately with warmed maple syrup for dunking.

Cheddar Ranch Cheese Ball

INGREDIENTS

- | | |
|---------------------------------------|-----------------------------------|
| 1 cup Sugardale Ham, diced | 1 - 1 oz. pkg. ranch dressing mix |
| 2 - 8 oz. pkgs. cream cheese | 2 cups pecans, chopped |
| 3 cups sharp cheddar cheese, shredded | |

PREPARATION

1. Soften cream cheese at room temperature for 20 minutes.
2. Place cream cheese and ranch dressing mix in mixing bowl and beat until combined.
3. Add shredded cheese and diced ham.
4. Form into 2 cheese balls or logs, wrap in waxed paper or plastic wrap, and refrigerate.
5. Immediately before use, roll cheese balls/logs in chopped pecans.

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Cheddar Alfredo Pasta with Smoked Ham

INGREDIENTS

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|-------------------------------|--------------------------|
| 2 cups Sugardale Ham, diced | cheddar cheese, shredded |
| 1 lb. penne pasta | Parmesan cheese |
| 2 - 16 oz. jars Alfredo sauce | |

PREPARATION

1. Cook pasta according to package directions, drain.
2. While pasta is cooking, combine Alfredo sauce, shredded cheddar cheese and diced ham in medium size saucepan.
3. Heat sauce over medium heat stirring until cheddar is melted.
4. Place pasta and sauce in large bowl and toss.
5. Serve immediately with Parmesan cheese on the side.

Ham and Cheese Grillwiches

INGREDIENTS

- | | |
|------------------------------------|------------------------------|
| 8 slices Sugardale Country Inn Ham | 2 tsp. yellow mustard |
| 4 each Kaiser rolls | 3 oz. cream cheese |
| 2 T. mayonnaise | 1 cup Swiss cheese, shredded |

PREPARATION

- | | |
|---|--|
| 1. Bring cream cheese to room temperature. | 6. Top ham slices with top half of roll. |
| 2. Place cream cheese, mayonnaise and yellow mustard in a small bowl and mix well with spoon. | 7. Wrap each sandwich in heavy duty foil. |
| 3. Add shredded Swiss cheese to mixture. | 8. Place in refrigerator until ready to cook. |
| 4. Spread cut sides of rolls with cheese mixture. | 9. For grilling, place sandwiches on top rack of grill and close cover. |
| 5. Fold ham slices in half and place on bottom half of rolls. | 10. Cook for 15 minutes. |
| | 11. Sandwiches will be heated through and cheese mixture will be hot and melted. |

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Bacon, Ham and Swiss Quiche

INGREDIENTS

- | | |
|-------------------------------|------------------------------|
| 6 strips Sugardale Bacon | 1 1/2 cups whipping cream |
| 1/2 cup Sugardale Ham, diced | 4 large eggs |
| 1 cup. onion, peeled, chopped | 1/4 tsp. salt |
| 1 unbaked pie crust (9-inch) | 1/4 tsp. ground nutmeg |
| 1/2 cup shredded Swiss cheese | 1/8 tsp. ground white pepper |

PREPARATION

1. Preheat oven to 350°
2. In medium skillet, cook bacon until crisp. Remove from pan and drain on paper towels; crumble. Drain all but 1 T. of fat from skillet. Sauté onion over medium-high heat until tender, about 4 minutes; set aside.
3. Sprinkle crumbled bacon on bottom of unbaked pie crust. Top with onion and cheese.
4. In medium bowl, whisk together cream, eggs, salt, nutmeg and pepper until well blended. Stir in ham.
5. Pour into pie crust and bake for 30 minutes, or until center is set.

Note: Be sure that your pie crust is in a 9-inch pan or it will overflow!