



# Ham & Lamb 101

## Ham

- Boneless
- Bone In
- Honey Glaze

Preheat oven to 325°, and have your ham at room temperature.

Tent the ham, and bake at 325° for 10 - 12 minutes per pound.

Remove from oven and let rest for 5 - 10 minutes.

**Note:** If your ham is spiral cut, pour a can of 7-up or ginger ale over the ham prior to baking, this will help keep the ham moist, since it has already been cut.

---

## Lamb

- Whole Leg
- Boned and Rolled

Preheat oven to 350°, and have your lamb at room temperature.

Bake at 350° for 15 - 18 minutes per pound.

For RARE, bring the internal temperature to 125-130°

For MEDIUM, bring the internal temperature to 135-140°

Remove from oven and let rest for 5 - 10 minutes.

- Boned and Butterflied

Bake at 350° for a total of 40 - 50 minutes.

For RARE, bring the internal temperature to 125-130°

For MEDIUM, bring the internal temperature to 135-140°

Remove from oven and let rest for 5 - 10 minutes.