Ten ways to serve SWIFT'S PREMIUM HAM
SWIFT'S PREMIUM HAM

... world famous for flavor ... tender as spring chicken!

You can depend upon it—compliments will shower down when you serve Swift's Premium Ham prepared by the easy instructions given here.

You'll serve ham of incomparable flavor . . . long ago its mild delicious flavor made Swift's Premium the most popular of all hams.

And you'll serve ham that's superbly tender. For now, with no change in its famous flavor, Swift's Premium is tender as a plump spring chicken.

Cured the mild Premium way and smoked by a special method, in ovens, Swift's Premium gives you a combination of flavor and tenderness you get in no other ham.

ECONOMIZE WITH A WHOLE HAM

It is real economy to buy a whole Swift's Premium Ham. If you bake the whole ham, you may serve slices later—either cold or pan broiled. Smaller pieces may be used in many ways as suggested in the following recipes.

If preferred, the ham may be divided before baking so as to bake the butt end, pan broil the center slices, and simmer the hock end.

Martha Logan
Director of Home Economics
Swift & Company, Chicago
BAKED SWIFT’S PREMIUM HAM

The aristocrat of the table

There are many ways of baking ham. Whatever your favorite method is, remember—

Swift’s Premium Ham does not require parboiling.

A slow oven (325° F.) gives the best results. If the ham is very cold, the cooking period will be longer.

If this Swift’s Premium Ham is at ordinary room temperature (70° F.), the cooking time for baking in a slow oven (325° F.) or for simmering in water (208° F.) (do not boil), should be in accordance with the following schedule:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Time</th>
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<tr>
<td>15 lbs. and over</td>
<td>Approximately 15 min. per lb.</td>
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<tr>
<td>12 to 15 lbs.</td>
<td>16-17 min. per lb.</td>
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<tr>
<td>10 to 12 lbs.</td>
<td>18 min. per lb.</td>
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<tr>
<td>Under 10 lbs.</td>
<td>20 min. per lb.</td>
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<tr>
<td>Half hams</td>
<td>22 min. per lb.</td>
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If the ham is taken from refrigerator and is very cold, increase the cooking time about 5 minutes per pound.

If a meat thermometer is used, simmer or bake to 150° F. internal temperature. Then skin, and glaze in a hot oven about 15 minutes.

MARTHA LOGAN’S BAKED HAM

Wrap ham loosely in the inner wrapper or in clean wrapping paper. Place fat side up on a rack in an open pan. Use no water. Bake in a slow oven (325° F.) according to cooking schedule given above.

Remove paper and all rind. Cover with one of the following glazes. Bake in a hot oven (400° F.) for 15 minutes or until the desired brown. Suggested glazes:

1. 1 cup brown sugar and 2 tablespoons flour.
2. 1 cup white sugar and 2 tablespoons flour.
3. 1 cup honey, or ½ cup orange marmalade.
4. 1 cup brown sugar, 1 tablespoon mustard.
5. 1 cup pureed apple sauce, apricots, or rhubarb.
6. 1 cup sugar and ½ cup maraschino cherry juice, cider, or sweet pickle juice from pickled fruit.
7. 1 cup sugar, 1 teaspoonful grated orange rind.

Cloves: Whole cloves may be used to stud the ham after any one of the glazes is spread on the ham.
HOW TO PREPARE HAM SLICES

Broiled: One-half inch slices of Swift’s Premium Ham may be broiled or pan broiled until well done and browned on both sides — about 10 to 15 minutes.

Baked: One-inch to two-inch slices may be baked. Cover the slice with one of the glazes suggested for whole baked ham. Add 1 cup milk, water, or fruit juice. Bake in a slow oven (325° F.) about 25 to 30 minutes per pound.

SCALLOPED HAM SLICE AND RICE

2 thin slices Swift’s Premium Ham
2 cups rice

1 quart milk
Seasoning

Wash the rice thoroughly. Place a layer of rice in a 2-quart-sized casserole. Place on this a slice of ham, cut into servings, then more rice, another slice of ham, then top with rice. Pour on the hot milk. Bake in a moderate oven (350° F.) 1 hour. May cover casserole if dish browns too quickly. Servings: 6.

HAM SHANKS AND VEGETABLES

Wash Swift’s Premium Ham Shanks. Cover with water and bring to a boil. Simmer about 1 hour. Add peeled potatoes, carrots, turnips, and onions. Boil until vegetables are tender. Remove large pieces of bone. Arrange meat and vegetables on platter. Dumplings may be cooked in the broth or the broth may be thickened for gravy.
**HOT HAM ROLL**

2 cups ground baked Swift's Premium Ham
2 cups flour
3 teaspoons baking powder
½ teaspoon salt
4 tablespoons lard
¾ cup milk
2 cups thin white sauce
2 tablespoons chopped parsley

Make a biscuit dough of the flour, baking powder, salt, lard, and milk. Roll out into rectangle one-third inch thick. Mix enough white sauce with the ham to make a thick paste.

Spread on the dough. Roll up as for a jelly roll. Cut into 1-inch pieces. Lay cut side up in a buttered baking pan. Bake 25 minutes in a hot oven (400° F.) until biscuit dough is done and brown. Serve hot topped with white sauce. Sprinkle with parsley. Servings: 6 or 7.

**HAM LOAF**

2 cups ground baked Swift's Premium Ham
1 cup bread crumbs
1 egg
2 tablespoons chili sauce
1 cup ground carrots
1 cup milk

Combine all ingredients. Bake in a loaf pan in a moderate oven (350° F.) 45 minutes or until brown. Servings: 6 or 8.

**HAM SANDWICH FILLING**

2 cups ground baked Swift's Premium Ham
½ cup ground tart pickle
½ cup ground celery
Mayonnaise

Combine ingredients. Use for sandwich spread.

**Variations:** Add 2 tablespoons chopped green pepper, pimientos, or nuts. ¼ cup grated cheese may be added when making toasted sandwiches.

Servings: 8 or 10 full-sized sandwiches.
FRENCH HAM TOAST

4 slices baked Swift's Premium Ham
4 thin slices American cheese
8 slices bread
1 cup milk
1 teaspoon sugar
2 eggs
½ cup butter or margarine

Place a slice of ham and a slice of cheese between two pieces of bread. Dip into egg beaten with milk and sugar. Drain. Pan fry in butter until both sides of bread are golden brown. Serve hot. Servings: 4.

HAM A LA KING

1 cup diced baked Swift's Premium Ham
2 tablespoons butter
2 tablespoons flour
1 cup milk
Salt
½ cup cooked button mushrooms
2 tablespoons chopped pimiento
¼ cup sliced ripe olives
1 egg yolk
Patty shells or toast

Make a white sauce of the butter, flour, milk, and seasoning. Add the other ingredients. Heat thoroughly. Serve in patty shells or on toast.

Variations: In place of mushrooms use chopped hard cooked eggs, peas, Lima beans, or celery. One-fourth cup grated cheese may be added. Servings: 4 or 5.

SWIFT'S PREMIUM HAM

For easy cooking at home, get this one in the blue and white wrapper.

If you want a Swift's Premium Ham already cooked, try Swift's Premium Ham, Quick-Serve Style. It comes in the red wrapper.