

Italian Style Boiled Ham - Prosciutto Cotto

U.S.	Ingredient	Metric	Percent
6 lb.	Pork Picnic leg	2720.0 g	
Brine Ingredients			
3.0 quarts	Water	2836.0 g	81.22
1 c + 2½ Tbs.	Salt	408.7 g	11.70
6½ Tbs.	Sugar (table)	85.0 g	2.43
4 Tbs.	Sausage phosphates	68.0 g	1.95
8 Tbs.	Cure#1	48.0 g	1.36
2¾ Tbs.	Coriander, toasted	15.0 g	0.43
2¾ Tbs.	Garlic powder	15.0 g	0.43
4 tsp.	Juniper berries	6.0 g	0.17
5 tsp.	Rosemary, dry	6.0 g	0.17
1 ¼ tsp.	Mace	2.0 g	0.06
2 leaves	Bay leaf	1.0	0.03
¼ tsp.	Sodium erythorbate	0.9 g	0.03
7¾ lb.	← Totals →	3.5 Kg	100%



Note: Use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.

Method:

1. Bone out a pork picnic leg, leaving the skin attached to the meat.
2. Place it in the above brine and let it stand for 3 days (For 6 pounds of boned ham).
3. Wash the ham in cold running water, remove any adhering spices, dry it and sprinkle the cut surfaces with a little sausage phosphate.
4. Place the ham in a mold to shape it, skin side down and realigning any ham pieces so that the ham is an even height throughout.
5. The meat is then pressed into the mold for 24 hours (under refrigeration). Note: for tips on how to make an inexpensive ham press see my [tips pages](#) on the web site. Remove the mold from the press and seal the ham (mold and all) in a vacuum bag.
6. Immerse the bag in a pot, covering it with water. Raise the temperature of the water gradually to 185°F. The ham should cook 1½ hours for each 3 lbs. of meat.
7. Let it cool in the cooking water; the ham will now need to be re-pressed as before for 24 hours. Do not remove the vacuum bag while pressing a second time.
8. Let it rest for one day, refrigerated, and then remove the vacuum bag; the ham is now ready to be eaten.
9. The prosciutto cotto must be refrigerated at all time and should be sliced thinly when ready to eat.

