

# How to Brine a Fresh Ham

Putting meat into a brine produces a flavorful, moist dinner. This is a basic recipe/method for brining a fresh ham. Purchase a fresh ham roast. Fresh ham is not the cured, smoked product we associate with ham. It is a cut of pork....

## Steps

1.



**Purchase a fresh ham roast.** Fresh ham is not the cured, smoked product we associate with ham. It is a cut of pork. Choose one that is 8-12 pounds total weight. Ham needs to be thawed and not frozen when you place it in the brine. You also need a food grade container large enough to place your ham and brine in and have the meat completely covered by the brine.

2.



**Take 6 cups of the water and put into a large kettle on your stove.** Add in all of the other ingredients, except the remaining water. Bring to a boil.

3.



**Stir to dissolve the salt and sugar.** Boil about 2 minutes.

4.



**Remove from heat and let cool to room temperature.**

5.



**Place your fresh ham roast into the container you have chosen.**

6.



**Pour the cooled brine recipe over the ham.**

7.



**Add the rest of the water and stir it around to combine.** The ham needs to be completely covered by liquid.

8.



**Keep at 38–40 °F (3–4 °C).** If you do not have a cold garage or room in your refrigerator, reduce the water you add by 6 cups. Add 1 pound of ice instead.

9.



**Keep meat in brine no less than 48 hours.** You can brine up to 4 days if you keep the temperature down.

10.



**Remove from brine.** Pat dry and let meat come close to room temperature.

11.



**Roast in the oven until done, about 21 minutes per pound of meat.**

12.



**Remove from oven and let rest on counter for 5-10 minutes before carving.**

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