

MEAT, FISH, AND POULTRY No.L 069 01
GRILLED HAM STEAK

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
174 cal	0 g	22 g	9 g	57 mg	1446 mg	8 mg

Ingredient

HAM,COOKED,BONELESS
SHORTENING

Weight

25 lbs
7/8 oz

Measure

2 tbsp

Issue

Method

- 1 Slice ham into 4 ounce steaks.
- 2 Cut edge of each steak in several places to prevent curling. Grill ham on lightly greased 350 F. griddle about 1-1/2 minutes on each side or until browned. Remove fat from griddle as it accumulates. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.