

Back to basics with classic ham

While the holidays are a great time to get together and reminisce with friends and family, the holiday meal can be quite intimidating for the newbie or even the veteran home chef. This year, the experts at the South Dakota Pork Producers Council (SDPPC) encourage South Dakota cooks to get back to the basics when preparing the classic ham as the traditional dinner table centerpiece.

"As many South Dakotans are looking to keep things simple and affordable this holiday season, South Dakota pork offers a solution to keep the kitchen stress-free for cooks by sticking to the basics," said Paul Brandt, SDPPC president. "Ham is a traditional, show-stopping favorite and is an easy dinner table centerpiece to purchase and cook for a party of any size – from a meal for one to a larger celebration."

Purchasing the perfect ham

Hams are labeled according to the amount of water added during the curing process. Hams are most commonly available in three varieties:

- Ham with natural juices, which has had little water added during the

curing process and is ideal for holiday celebrations.

- Ham with water added retains more water during the curing process than ham with natural juices.

- Ham and water product is a common type of ham that is most often found at the deli counter. It is a great choice if ham is intended to be served cold.

All varieties of cured ham are either boneless or bone-in. Bone-in hams are traditionally considered more attractive and boneless are considered easier to serve because of simplified carving. For a traditional, simple holiday dinner, the South Dakota pork experts recommend purchasing a bone-in, smoked, cooked ham and adding pizzazz with a homemade glaze.

Back to basics with cooking the perfect ham

As noted on the label, most hams are already fully cooked, which is why it's important to not overcook them. Cooked hams can either be served cold or after warming in the oven. Uncooked hams should be heated to an internal temperature of 160 degrees F.

"The goal of cooking ham is to add flavor and to warm the ham

without drying it out," said Brandt.

The following are some basic tips for cooking the perfect ham:

- Preheat oven to 350 degrees F.
- Mix up a glaze and rub it over ham. South Dakota cooks can season pork with favorite herbs, such as rosemary and thyme. Or, try glazing it with a honey apricot glaze. (See recipe below)

- Place ham in a shallow pan, uncovered, for 1 1/4 to 1 1/2 hours or until an inserted meat thermometer reads 140 degrees F. (About 15-18 minutes per pound)

- Let the ham rest for 15-20 minutes after baking, to let the juices redistribute and set.

- Serve with other traditional side dishes. To add a little twist to the meal, chefs can serve ham with different fruit salsas or chutneys, such as Orange-Mint Salsa or Sweet-n-Hot Apple Chutney

Not only is pork easy to prepare, but it can also help South Dakotans watch their waistlines this holiday season. Not only is pork easy to prepare, but it can also help South Dakotans watch their waistlines this holiday season. In fact, the USDA discovered that seven common cuts of fresh pork are leaner today than

they were 15 years ago – on average about 16 percent lower in total fat and 27 percent lower in saturated fat. The leaner pork is the result of new technology in hog production and superior genetics.

South Dakota ranks eleventh in the nation for pork production. We also provide 7,900 jobs and contribute \$520 million annually to the State's economy. South Dakota hogs consume 315,000 tons of Soybean Meal and 52 million bushels of corn a year. The vast majority (98 percent) of the hog farms in South Dakota are family owned and operated.

For more nutritional information and pork recipes or for information about modern pork production, please visit www.sdppc.org.

Baked Ham with Honey-Apricot Glaze

Recipe from

TheOtherWhiteMeat.com

10 minutes prep, 120 minutes

cook

Ingredients:

10-14 pound fully cooked smoked ham, spiral sliced
1 cup honey
1 6-oz can orange juice

concentrate, thaw

1/3 cup soy sauce
1/3 cup apricot jam
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves

Cooking Directions:
Preheat oven to 325 degrees F. Place ham on rack in shallow roasting pan. Stir together remaining ingredients in medium bowl; set aside. Bake ham for 30 minutes; pour glaze over ham and continue to bake until ham is heated through, about a total of 2 1/2 hours.

Serves 20-25.

Serving Suggestions:
A spiral-sliced ham is an easy and elegant start to a holiday meal. Serve with Dilled Peas and Potatoes Vinaigrette, Spinach-Strawberries Salad, biscuits, and angel food cake with strawberries.

Nutrition:

Calories: 407 calories
Protein: 30 grams
Fat: 23 grams
Sodium: 1881 milligrams
Cholesterol: 86 milligrams
Saturated Fat: 8 grams
Carbohydrates: 19 grams
Fiber: 0 grams

College of Arts & Sciences to begin offering sustainability degree

A new major, offered by the College of Arts & Sciences at the University of South Dakota, will help students prepare for a future committed to developing renewable energy and preserving ecological resources.

Beginning in the fall of 2012, the University of South Dakota will offer a Bachelor of Science and a Bachelor of Arts in Sustainability. This degree program will contribute to the development of the South Dakota workforce in

industries such as wind energy, hydroelectric power, geothermal energy technologies, biofuels and "green" construction practices.

"The demand for experts in sustainability is growing across the country," stated Matthew Moen, dean of the College of Arts & Sciences. "Graduates of our program will ultimately be prepared for exciting careers in industries that the state has identified as crucial to South Dakota's future."

The Governor's Office of Economic Development has identified renewable energy – at the core of sustainability – as an emerging needs industry in the state. Students majoring in sustainability will have an opportunity to pursue careers in both the private sector and government, including the areas of sustainable practices, renewable energy, community planning, non-governmental organizations focused on sustainable development and education.

The curriculum for a sustainability major involves the completion of 36 credit hours, with 18 in the required common core and 18 to be selected as electives from courses available in the selected specialization. Offering a major in sustainability is consistent with a range of established initiatives at USD, including the Missouri River Institute and the University of South Dakota Department of Biology's specialization in

conservation and biodiversity. For more information about the sustainability major

at USD, please visit www.usd.edu/as or call (605) 677-5221.

Law enforcement urges motorists: Slow down, move over

The South Dakota Highway Patrol, State Office of Highway Safety and local law enforcement agencies began a joint campaign today to ask motorists to "slow down and move over" when they approach flashing yellow lights that indicate a crash scene or emergency vehicle on the highway.

Last year, motorists who failed to slow down and move over struck 13 Highway Patrol vehicles and injured several troopers. Those troopers were on duty, responding to crashes or other roadside emergencies when they or their vehicles

were struck. In addition, motorists struck more than three dozen South Dakota Department of Transportation snowplows as they cleared roads during snowstorms last winter.

"More law enforcement officers and emergency responders are seriously injured or killed in car crashes than in any other line-of-duty threat they face," Col. Craig Price, superintendent of South Dakota Highway Patrol, said. "The law requires motorists to slow down and move over when they see those flashing yellow lights. Some motorists

just aren't doing that, and it puts them, their passengers and the troopers and other responders at risk."

The Highway Patrol joined with the Sioux Falls area law enforcement agencies for a news briefing to announce the start of the campaign, which includes billboards, posters and video public service announcements featuring troopers involved in crashes last winter. The "Slow Down and Move Over" campaign carries the tag-line, "It's not just a courtesy. It's the law."

Sioux Falls Police Chief Doug Barthel, Minnehaha

County Sheriff Mike Milstead and Lincoln County Sheriff Dennis Johnson joined Highway Patrol Capt. Kevin Joffer in the media briefing on the campaign in Sioux Falls.

"The safety of our officers and the public is paramount," Chief Barthel said. "We can't respond to other vehicle crashes when we are the victims of a crash ourselves. Please, slow down, for our sake and yours."

Violation of the move-over law is a Class 2 misdemeanor, punishable by a fine of \$500 and up to 30 days in jail.

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Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number

2	3		1	5	
9			3		
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