



Lean Boneless Ham

50% Extension

With GPI 200G2



Guide

When you need a sliceable lean ham that is juicy with improved yields,

GPI is here to create your solution and guide you forward.

Perform

Using our deep knowledge in hydrocolloid solutions for pork processors, **GPI 200G2** allows you to stabilize extended hams, improve binding of restructured pork products, and retain the marinade while providing a firm and meaty texture. This hydrocolloid blend allows processors to increase post-cook yields while maintaining quality.

GPI understands your product's journey from formulation to processing.

Inspire

Use GPI 200G2 to create honey hams, smoked hams, and pork cold cuts. GPI 200G2 can also be used to extend yields in cost-optimized cooked or fresh poultry products.

GPI is your hydrocolloid solutions provider for new product development and optimization. See our contact details at the end of the recipe.

INGREDIENTS

Lean Boneless Ham	Extension Rate	Finished Product %
90% Lean Pork Meat	100%	66.67%
Brine	50%	33.33%
Total Yield	150%	100%

Brine Composition	Brine %	Finished Product %
Water/ Ice	90.70%	30.23%
Salt	5.40%	1.80%
GPI 200G2	1.80%	0.60%
Phosphate	1.20%	0.40%
Nitrite	0.90%	0.30%
Total	100%	33.33%



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PROCEDURE

Brine Preparation:

- Add ice into water and mix using a high shear mixer until most of the ice has melted. Lower water temperature down to 0°C - 2°C and maintain.
- Fully disperse dry ingredients into iced water in the following order:
 - Phosphate. Mix for 5 minutes before adding other ingredients.
 - Salts and nitrite
 - **GPI 200G2**
 - Dextrose

Injection and Tumbling:

- Inject brine into meat.
 - Best Practice: Typical injection pressure is 2.0 to 2.2 bar using a commercial injector. Lower pressure will result in less uniform brine distribution, which can negatively impact appearance and texture.
 - Meat can go through a 2nd pass through the injector until desired extension rate is achieved.
- Place all the meat into a vacuum tumbler. Include any excess brine to reach desired extension rate.
- Vacuum tumble at 6 to 12 rpm for 4 hours. Large pieces may require a longer tumbling duration. Maintain safe and cold processing temperatures.
- Stuff pork pieces into desired casings. If smoking, use permeable casings with netting.

Cooking:

- Smoke or cook in a high humidity oven until core temperature reaches 68°C to 70°C.
- Cooking temperature should not exceed 85°C

NUTRITIONAL FACTS

Serving size 2 slices (100g)

Amount per serving	
Calories	145
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.3g	16%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 744mg	32%
Total Carbohydrate 0.3g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.3mcg	2%
Calcium 479mg	37%
Iron 0.6mg	3%
Potassium 163mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GPI Global Inc. is a BRCS, HACCP and GMP certified company.



Looking for inspiration?

Contact: GPI@gpiglobal.com