

Pork

Bourbon-Glazed Ham

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Servings: 16

Preparation Time: 15 minutes

Bake Time: 2 hours 30 minutes

1 (8 to 10 pound) pork tenderloin, cut into 1-inch slices

3/4 cup bourbon

2 cups packed brown sugar

1 tablespoon ground mustard

1 tablespoon orange marmalade

1/8 teaspoon ground coriander

Preheat the oven to 325 degrees.

Place the ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2-inch deep. Brush with two tablespoons of the bourbon.

Bake, uncovered, for 2 hours.

In a small bowl, combine the brown sugar, mustard, marmalade, coriander and the remaining bourbon. Spoon over the ham.

Bake for 30 minutes longer or until a meat thermometer reads 140 degrees.

Let stand for 15 minutes before slicing.

Per Serving (excluding unknown items): 150 Calories; trace Fat (3.4% calories from fat); 3g Protein; 28g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 19mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat; 2 Other Carbohydrates.