

## Ham Glazes

Palm Beach Post

### APPLE-HONEY GLAZE

- 1/2 cup honey
- 2 tablespoons thawed apple juice concentrate

### STRAWBERRY GLAZE

- 1/2 cup strawberry preserves
- 1 tablespoon lemon juice
- 1/8 teaspoon cinnamon

### ORANGE BOURBON GLAZE

- 1/2 cup orange marmalade
- 2 tablespoons bourbon

### CURRIED MANGO GLAZE

- 1/2 cup mango chutney
- 2 tablespoons thawed orange juice concentrate
- 1 teaspoon curry powder

### PEACH MUSTARD GLAZE

- 1 jar (10 oz) peach preserves
- 1 1/2 tablespoons Creole, Spicy or Dijon mustard
- 2 tablespoons peach liqueur (Schnapps)
- 2 tablespoons lemon juice
- dash cinnamon

### PINEAPPLE RUM GLAZE

- 1/2 cup pineapple jam
- 2 tablespoons dark rum

### FRUIT GLAZE

- 1 jar (10 oz) fruit preserve (apricot, peach, strawberry or blackberry)
- 3 tablespoons bourbon or rum

Whisk the ingredients together.

Brush the glaze mixture on the ham the last 30 minutes of cooking.

Garnish with the zest or slices of the fruit that's in the glaze.

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Per Serving (excluding unknown items): 1812 Calories; 1g Fat (0.6% calories from fat); 3g Protein; 445g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 202mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Fruit; 0 Fat; 24 1/2 Other Carbohydrates.