

Hawaiian Ham Flambe

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 large ham steak
yellow mustard
crushed pineapple, drained
brown sugar
cinnamon
allspice
rum*

Place the ham on a baking pan. Spread the ham with mustard.

Place the pineapple on top. Cover with brown sugar. Sprinkle generously with cinnamon and allspice.

Place under the broiler until heated through and the sugar is melted and bubbly.

Remove from the oven.

Pour hot rum over the ham.

Carry to the table quickly. Light the rum fumes, serving after the flames have burned down.

Per Serving (excluding unknown items): 122 Calories; 4g Fat (32.8% calories from fat); 20g Protein; 0g Carbohydrate; 0g Dietary Fiber; 45mg Cholesterol; 1269mg Sodium. Exchanges: 3 Lean Meat.