

Maple-Bourbon Glazed Ham

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*1 (7 to 9 pound) fully cooked,
smoked half ham*
1/2 cup pure maple syrup
1/2 cup packed brown sugar
1/3 cup bourbon
2 tablespoons Dijon mustard
1 tablespoon soy sauce

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

Peel the skin from the ham and discard. Trim the fat underneath to about 1/2-inch thick, then score in a cross-hatch pattern using a sharp knife, cutting completely through the fat but not into the meat. Place the ham, flat side down, on a rack in a roasting pan and pour in enough water to cover the bottom of the pan by at least 1/2-inch. Cover tightly with foil.

Bake for one hour.

Meanwhile, make the glaze: Mix the remaining ingredients in a bowl. Remove the ham from the oven. Uncover and brush generously with the glaze. If needed, add more water to the pan to prevent the drippings from burning.

Continue baking, uncovered, brushing with more glaze every 30 minutes, until the glaze is glossy and browned and the ham is heated through, one hour to one hour and thirty minutes more. (The internal temperature of the meat should reach 140 degrees on an instant-read thermometer.)

Remove from the oven and let rest for 10 minutes before serving.

Start to Finish Time: 2 hours 50 minutes

Hams are generally sold in halves; the shank end and the butt end. We recommend buying the shank end because it's much easier to carve than the butt end, which includes the hip joint.

Per Serving (excluding unknown items): 629 Calories; 1g Fat (2.6% calories from fat); 2g Protein; 111g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1448mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fat; 7 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	629	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	183
Cholesterol (mg):	0mg	% Refused:	0.00%
Carbohydrate (g):	111g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	1448mg	Vegetable:	1/2
Potassium (mg):	453mg	Fruit:	0
Calcium (mg):	122mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	0
Zinc (mg):	1mg	Other Carbohydrates:	7 1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving

Calories	629	Calories from Fat:	16
% Daily Values*			
Total Fat	1g		2%
Saturated Fat	trace		0%
Cholesterol	0mg		0%
Sodium	1448mg		60%
Total Carbohydrates	111g		37%
Dietary Fiber	1g		4%
Protein	2g		
Vitamin A			0%
Vitamin C			0%
Calcium			12%
Iron			17%

* Percent Daily Values are based on a 2000 calorie diet.