

Tangy Mustard Glazed Ham

Ingredients

- 1 fully or partially cooked smoked bone-in ham (6-8 pounds), butt portion
- 40 whole cloves
- 1 1/2 cups packed brown sugar
- 1/3 cup stone-ground mustard
- 2 tablespoons cider vinegar

Directions

1. Preheat oven to 325°F. Create a diamond pattern by cutting parallel lines, about 1 inch apart and 1/4 inch deep, across the ham into the fat. Repeat, cutting at a right angle to the existing lines. Insert one whole clove in center of each diamond. Place ham in **Deep Dish Baker**, fat side up. Cover with **Stoneware Baking Bowl**. Bake 1 hour, 30 minutes.
2. Meanwhile, combine brown sugar, mustard and vinegar in **Small Batter Bowl**; mix well. Set aside 1/2 cup brown sugar mixture to glaze ham; reserve remaining mixture for sauce.
3. Using **Oven Mitts**, pull out oven rack and carefully remove baking bowl from baker, lifting away from you. Carefully remove ham from oven (juice will have collected in bottom of baker) to **Stackable Cooling Rack**. Using **Baster**, remove pan juices, leaving some covering bottom of baker. Reserve 3 tablespoons juices; discard remaining. Using **Chef's Silicone Basting Brush**, carefully brush 1/2 cup glaze over ham.
4. Insert **Digital Pocket Thermometer** so tip is centered in thickest part, not resting in fat or bone. Do not cover. Return to oven and bake, uncovered, 20-30 minutes or until thermometer registers 140°F (for fully cooked ham) or 155°F (for partially cooked ham). (Temperature will rise approximately 5°F-10°F during standing.) Cover loosely with aluminum foil and let stand 15-20 minutes for easier carving.
5. Heat reserved sugar mixture with reserved juices over low heat, stirring constantly with **Nylon Spiral Whisk**. Remove cloves from ham. Transfer ham to **Reversible Bamboo Carving Board**; slice with **Carving Set**. Serve with sauce.



Yield:

- 12 servings of 4 ounces ham, about 1 tablespoon sauce

Nutrients per serving:

2 starch, 1 1/2 meat, 1 1/2 fat (2 carb)

U.S. Diabetic exchanges per serving:

Calories 340, Total Fat 17 g, Saturated Fat 5 g, Cholesterol 50 mg, Carbohydrate 31 g, Protein 15 g, Sodium 1670 mg, Fiber less than 1 g

Cook's Tips:

Be sure to read the label on the ham; some are fully cooked, some partially cooked. Since meat continues to cook after it is removed from the oven, remove ham from the oven when the thermometer registers 5°F lower than the desired end temperature. The desired temperatures for doneness are 145°F for a fully cooked ham, 160°F for a partially cooked ham.

If using a spiral-sliced ham, do not cut diamond pattern in fat layer. Insert cloves at 1-inch intervals. Follow cooking instructions as recipe directs.

Leftover cooked ham should be wrapped and refrigerated promptly; store up to 5 days. Leftover ham can be used to prepare *Ham Florentine Wreath*.