

Pork

Ham with Orange and Stone-Ground Mustard

Mohonk Mountain House

Relish Magazine - November 2010

Servings: 20

1 10-pound whole bone-in smoked ham
1/2 cup water
1/4 teaspoon salt
1 tablespoon flour
juice and finely grated rind of one large orange
1 1/2 tablespoons apple cider vinegar
1 tablespoon butter
1 tablespoon stone-ground mustard
1 stick cinnamon
1/2 cup golden raisins
2 tablespoons maple syrup

Bake the ham according to package directions. During the last 15 minutes of baking, pour the sauce over the ham.

In a saucepan, combine the water, salt and flour. Stir well.

Bring to a boil over medium-high heat. Cook, stirring constantly, until the mixture becomes clear.

Add the orange juice and rind, vinegar, butter, mustard, cinnamon, raisins and maple syrup.

Return to a boil. Cook over medium heat for 20 minutes.

Remove the cinnamon stick and discard.

Pour the sauce over the ham during the last 15 minutes of cooking time.

Per Serving (excluding unknown items): 25 Calories; 1g Fat (20.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 33mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 0 Other Carbohydrates.