

SMITH FAMILY FARM

Nashville, MI



Maple Glazed Ham

3 LB Boneless Ham Roast

1 Cup Pure Maple Syrup

2 Tablespoons Stone Ground Mustard

2 Teaspoons Ground Cloves

1 Teaspoon Ground Cinnamon

1. In a small bowl, stir together the maple syrup, mustard, cloves and cinnamon to make a glaze.
2. Cover the ham completely with the glaze, and save the rest for later.
3. Bake at 325 degrees in a dutch oven with the lid slightly ajar (or a roasting pan tented with foil). Plan for 30-35 minutes per pound. Baste about every 20 minutes with oven juices. The last 20 minutes of cooking time, remove the lid and cover the ham with the previously saved glaze.
4. The internal temperature of the finished ham should be 160 degrees. Remove the ham from the oven when the temperature reaches 150, put the lid on the dutch oven and let rest for 20 minutes (the internal temp will rise 10 degrees during this time).
5. The key to cooking this type of ham is to cook it low and slow. Grocery stores sell hams that have water and other additives that prevent overcooking and give ham a spongy texture. A forest-raised ham, when cooked properly, will be moist and tender. Take care not to overcook, as the lack of added water will dry it out. The dutch-oven method produces a delightful glazed "crust."
6. Alternatively, prep the ham and place in a slow cooker for 6-8 hours on low and check internal temperature for 160 degrees.

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www.thesmithfamilyfarm.net