



Maple Syrup, Mustard, Bourbon Glazed Ham

NIBBLEDISH CONTRIBUTOR

Ingredients

Ingredients 1 ham shank or butt 1/2 cup Bourbon 1 cup pure maple syrup 1/2 teaspoon ground cinnamon 3 tbsp seeded mustard 200 g brown sugar cloves sea salt

Instructions

preparation

remove skin from ham. create zig zag pattern close to stump. keep the skin to cover the ham while storing left overs.

criss cross fat with a knife

rub with rock salt all over.

add cloves between or in middle of diamonds.

marinade over night

mix all ingredients except salt and cloves (you can use a few cloves and remove them later) in pan, boil briefly, then simmer and continue to stir till it thickens. remove from heat and marinate ham evenly. reserve the glaze and refrigerate both over night

cooking

preheat oven to 160

line baking dish with foil

bake for 30 mins for every kilo (you re aiming to heat through not cook - it's already cooked!)

in last hour, remove ham from tray, pour drippings into saucepan, return ham to oven

remove excess fat from drippings, then combine reserved glaze

increase heat to 180

reapply glaze to ham regularly. increase temperature briefly to attain maximum golden tan.

let stand for 20 mins before carving (the meat needs to relax and release it's juices making it more tender)

Carving

to carve - make several cuts starting at the far end straight down until you hit the bone (like slicing bread)

run knife sideways along the bone, separating slices

reposition pieces to appear still attached

pour some glaze over the top, put the rest in a gravy boat

serve

* Photo is of ham pre cooking