

# *Baked Ham*

*(Schinkenbraten)*

## Ingredients;

1 ham, whole or half  
½ cup of brown sugar  
½ cup of prepared  
mustard  
Pineapple rings or  
pieces.  
2 to 3 teaspoons of  
ground cloves  
1-2 C. red wine



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1. Spread the mustard over the top of the ham with a rubber spatula. 2. I sprinkle the cloves over the mustard. 3. Top it with the brown sugar and pineapple rings or sections. 4. Pour some red wine into the roasting pan, as this will make a great basting liquid. 5. Slow-roast the ham for 2-3 hours at 300o, basting lightly so you don't wash the glaze off. Bake it to an internal temperature of 145 degrees



## Background

When Grandma took a notion to bake a ham, she used generous amounts of Grandpa's homemade wine to baste it with while it was cooking. The spicy aroma of the ham, wine, cloves, and brown sugar baking in the oven left no doubt about what was for dinner! In the old days, she'd buy a real smoked ham, with the bone in and skin on. After having the skin taken off, it was boiled to get some of the salt out of the meat, then covered with brown sugar and cloves, and baked in wine. Those hams were truly memorable!

Chef Stephen discusses hams, then gives his own recipe:

"The old-fashioned gourmet hams are cold-smoked and cured, sometimes for up to 6 years. Most of the hams on the market today are not cured at all. They are injected with water and liquid smoke. They taste okay to me, though the flavor is sort of like jellied lunch meat, compared with the taste of a real cured ham, which has a chewy but tender texture and a mellow, lingering smoky flavor that keeps getting better with each bite. These hams are difficult to find, but can be ordered. Also, most supermarkets sell what they call a "Cure 81" ham; this is a great product.

"We've all seen the beautiful magazine and recipe-book pictures of hams that have been scored with a crisscross pattern, then studded with whole cloves. They do look pretty, but I haven't found that the whole cloves add much flavor. I use ground cloves. The amounts of each ingredient will vary according to the size of ham—half or whole, boned or bone-in—that you are baking. As in all roasting, the ham is done best at a low temperature."