



Baked ham with brown sugar & mustard glaze

 Dairy Free

READY IN



225 min.

SERVINGS



12

CALORIES



33 kcal

SIDE DISH

Ingredients

- 4 kg ham on the bone smoked raw
- 90 g brown sugar soft
- 6 tbsp wholegrain mustard
- 1 leaves cocktail rye bread dark sweet sliced

Equipment

- bowl
- oven
- knife

aluminum foil

Directions

Place the raw ham in a large, clean bucket.

Add enough water to cover and soak overnight, or up to 24 hrs ahead, changing the water twice.

Heat oven to 180C/160C fan/gas

Drain and place the ham in a large roasting tin, cover tightly with foil and bake for 3 hrs.

Remove the ham from the oven and turn the heat up to 200C/180C fan/gas 6. Using a sharp knife, carefully slice the rind off the ham, leaving about 1–2 cm of fat; cut a diamond-shaped pattern into this. In a small bowl, mix together the sugar and mustard, then rub all over the ham. Roast for 30 mins until the ham is tender and the outside nice and sticky.

Bring to the table on a large platter lined with bay leaves. To serve, cut 1cm-thick slices off the ham to go alongside the rye bread, pickles and mustard sauce (Make your own sauce with our recipe below).

Nutrition Facts



PROTEIN 3.85% **FAT 6.62%** **CARBS 89.53%**

Properties

Glycemic Index:7.03, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.66434783099786%

Nutrients (% of daily need)

Calories: 33.29kcal (1.66%), Fat: 0.26g (0.39%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.47g (2.72%), Sugar: 7.38g (8.21%), Cholesterol: 0mg (0%), Sodium: 85.1mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Selenium: 2.67µg (3.81%), Manganese: 0.04mg (1.84%), Fiber: 0.33g (1.31%), Calcium: 11.01mg (1.1%), Magnesium: 4.31mg (1.08%)