



## Easter Ham with Golden Breadcrumbs and Madeira Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 cups coarse salt fresh white
- ☐ 2 cups t brown sugar dark packed ()
- ☐ 0.5 cup dijon mustard
- ☐ 16 pound ham smoked whole bone-in
- ☐ 3 cups madeira wine
- ☐ 0.3 cup olive oil extra virgin extra-virgin

### Equipment

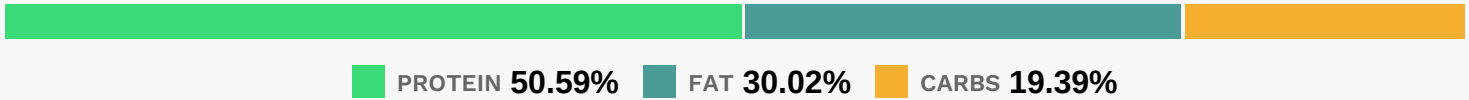
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cheesecloth
- ☐ gravy boat

## Directions

- ☐ Arrange a rack on lowest level of oven; preheat to 300°F. Without trimming fat, remove outer rind from most of ham, leaving a band around end of shank bone. Spacing cuts 3/4" apart to make a diamond pattern, score fat on top of ham crosswise and then lengthwise on a diagonal (do not cut into meat).
- ☐ Place ham in a large roasting pan.
- ☐ Pour 3 cups water into pan and roast ham for 2 hours.
- ☐ Meanwhile, stir brown sugar and mustard in a medium bowl until a thick paste forms; set aside.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add breadcrumbs; toast, stirring often, until very crispy, 5–7 minutes. Set aside.
- ☐ Remove ham from oven; increase temperature to 350°F.
- ☐ Spread half of sugar–mustard paste over scored top of ham.
- ☐ Bake until an instant–read thermometer inserted into thickest part of ham registers 145°F, about 1 hour. If pan juices have dried out, add 1 cup water to pan.
- ☐ Remove ham from oven; increase temperature to 400°F.
- ☐ Spread remaining sugar–mustard paste over ham and pack breadcrumbs all over top.
- ☐ Bake ham until crumbs are deep golden brown and crisp, 12–15 minutes.
- ☐ Transfer ham to a serving platter; let rest for 20 minutes before carving.
- ☐ Line a fine–mesh sieve with cheesecloth. Set sieve over a medium pitcher or gravy boat. Spoon off fat from surface of juices in pan; discard.
- ☐ Add Madeira to pan.

- ☐ Placerasting pan over medium-high heat andsimmer liquids briskly, scraping upbrownedbits, until sauce thickens and is reducedto 2 cups, about 15 minutes. Strain saucethrough prepared sieve, pressing on solids;discard solids.
- ☐ Carve ham.
- ☐ Serve sauce alongside.

## Nutrition Facts



## Properties

Glycemic Index:2.94, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:15.543913015529%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 625.04kcal (31.25%), Fat: 19.97g (30.72%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 28.68g (10.43%), Sugar: 27.67g (30.75%), Cholesterol: 217.72mg (72.57%), Sodium: 26822.23mg (1166.18%), Alcohol: 4.64g (100%), Alcohol %: 0.99% (100%), Protein: 75.69g (151.38%), Phosphorus: 1074.47mg (107.45%), Copper: 1.13mg (56.28%), Zinc: 8.38mg (55.85%), Magnesium: 151.87mg (37.97%), Potassium: 1300.24mg (37.15%), Iron: 6.54mg (36.32%), Calcium: 90.31mg (9.03%), Manganese: 0.16mg (7.87%), Selenium: 3.08µg (4.39%), Vitamin E: 0.51mg (3.42%), Vitamin K: 2.33µg (2.22%), Vitamin B6: 0.04mg (1.96%), Fiber: 0.33g (1.34%), Vitamin B1: 0.02mg (1.13%)