



Fig Glazed Ham

 Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup kentucky bourbon
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup dijon mustard
- ☐ 1 cup fig preserves
- ☐ 10 pound ham bone-in cooked at room temperature
- ☐ 1.5 cups water

Equipment

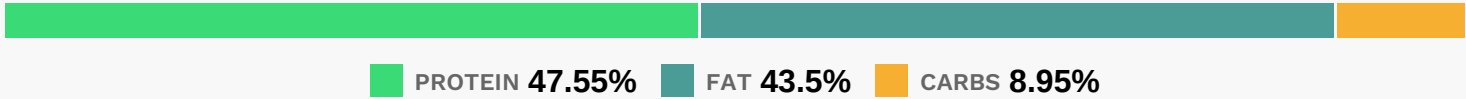
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Trim the ham by removing the outer skin/rind, leaving a 1/4-inch of fat. Score the fat layer with a paring knife in a diamond pattern.
- ☐ Put the ham, cut side down, in a roasting pan or large baking dish.
- ☐ Add 1 1/2 cups of water and cover with foil.
- ☐ Bake for 45 minutes to 1 hour.
- ☐ Meanwhile make the glaze by whisking all of the remaining ingredients together in a saucepan over medium-low heat. Simmer, stirring often, to infuse flavors and to thin the preserves, about 3 to 5 minutes. Set aside 1/4 cup of the glaze.
- ☐ Remove the foil after the ham has cooked for 1 hour and brush it with the glaze, working it into the scores.
- ☐ Bake the ham, uncovered, another 40 minutes, basting again after 10 minutes.
- ☐ Remove the ham from the oven when an internal temperature of 140 degrees F is reached on an instant-read thermometer.
- ☐ Transfer the ham to carving board and let rest for 10 to 15 minutes.
- ☐ Skim off as much of the fat as possible and then whisk in the reserved 1/4 cup of glaze. Bring the pan to a boil over medium heat, then reduce the heat and simmer until the desired consistency is reached. Strain into a warmed gravy dish for a smooth sauce, if desired. Thinly slice the ham and arrange it on a serving platter.
- ☐ Serve with the gravy on the side.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:41.522173989078%

Nutrients (% of daily need)

Calories: 762.09kcal (38.1%), Fat: 35g (53.85%), Saturated Fat: 7.75g (48.43%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.42g (5.61%), Sugar: 11.09g (12.32%), Cholesterol: 331.12mg (110.37%), Sodium: 5385.54mg (234.15%), Alcohol: 2g (100%), Alcohol %: 0.47% (100%), Protein: 86.07g (172.14%), Vitamin B1: 2.43mg (162.1%), Selenium: 94.5µg (135.01%), Phosphorus: 1343.39mg (134.34%), Vitamin C: 107.71mg (130.56%), Vitamin B12: 6.4µg (106.59%), Vitamin B3: 16.19mg (80.97%), Zinc: 10.22mg (68.13%), Vitamin B2: 1.11mg (65%), Vitamin B6: 1.17mg (58.72%), Vitamin B5: 4mg (40.02%), Potassium: 1319.36mg (37.7%), Copper: 0.56mg (27.83%), Magnesium: 103.08mg (25.77%), Iron: 4.19mg (23.28%), Manganese: 0.3mg (15.25%), Folate: 16.94µg (4.24%), Calcium: 41.44mg (4.14%), Fiber: 0.78g (3.13%)