

Holiday Ham with Riesling and Mustard

Gluten Free







ANTIPASTI

STARTER

SNACK

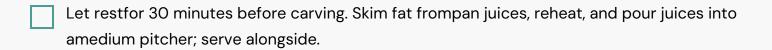
APPETIZER

Ingredients

0.5 teaspoon pepper black freshly ground
14 pound chorizo smoked whole bone-in
1 tablespoon honey
1 pinch kosher salt
2 cups mirin sweet divided (Auslese)
0.3 cup shallots finely chopped
3 sprigs thyme leaves fresh

2 tablespoons butter unsalted ()

	0.5 cup coarse mustard whole
Equipment	
	food processor
	frying pan
	oven
	roasting pan
	stove
	pastry brush
Directions	
	Arrange a rack in lowest level of oven; preheat to 300°F. Leaving fat intact, removeouter rind from most of ham, leaving aband around the end of the shank bone. Score fat crosswise (do not cut into meat) on top of ham with parallel cuts spaced 1/2" apart.
	Place ham in a large roasting pan.Boil 1 cup Riesling and 7 cups water in asaucepan for 5
	minutes.
Ш	Pour into bottomof roasting pan.
Ш	Bake ham, basting with panjuices occasionally, until an instant-readthermometer inserted into center of hamregisters 110°F, 2 1/2-3 hours.
	Meanwhile, melt butter in a mediumskillet over medium heat.
	Add shallots andthyme sprigs; cook, stirring often, untilshallots are very soft, about 10 minutes.
	Remove pan from heat; stir in the remaining1 cup Riesling. Return to stove. Increaseheat to medium-high, bring to a simmer,and cook until reduced to 1/4 cup, about8 minutes.
	Remove the thyme sprigs andtransfer mixture to a food processor.
	Addthyme leaves, mustard, honey, pepper, and salt. Process until well blended.
	Remove pan from oven and increaseheat to 350°F. Using a pastry brush, spread
	Riesling mixture over ham. Return panto oven and bake ham, tenting with foilif browning too quickly, until internaltemperature registers 135°F and crust isgolden brown, 15–30 minutes.
	Transfer ham to a large platter.



Nutrition Facts

PROTEIN 23.06% FAT 75.75% CARBS 1.19%

Properties

Glycemic Index:13.7, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:4.0208696582071%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 1182.26kcal (59.11%), Fat: 93.81g (144.32%), Saturated Fat: 36.36g (227.27%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.48g (1.64%), Cholesterol: 251.82mg (83.94%), Sodium: 92.7mg (4.03%), Alcohol: 2.85g (100%), Alcohol %: 0.82% (100%), Protein: 64.26g (128.52%), Iron: 7.87mg (43.74%), Vitamin A: 1476.12IU (29.52%), Selenium: 2.72µg (3.89%), Manganese: 0.06mg (2.78%), Fiber: 0.5g (1.99%), Magnesium: 4.98mg (1.24%), Vitamin B1: 0.02mg (1.14%), Phosphorus: 11.39mg (1.14%)