



Holiday Ham with Riesling and Mustard



Gluten Free



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



1182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 0.5 cup grain 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, remove outer rind from most of ham, leaving a band 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 a saucepan for 5 minutes.

☐ Pour into bottom of roasting pan.

☐ Bake ham, basting with pan juices occasionally, until an instant-read thermometer inserted into center of ham registers 110°F, 2 1/2–3 hours.

☐ Meanwhile, melt butter in a medium skillet over medium heat.

☐ Add shallots and thyme sprigs; cook, stirring often, until shallots are very soft, about 10 minutes.

☐ Remove pan from heat; stir in the remaining 1 cup Riesling. Return to stove. Increase heat to medium-high, bring to a simmer, and cook until reduced to 1/4 cup, about 8 minutes.

☐ Remove the thyme sprigs and transfer mixture to a food processor.

☐ Add thyme leaves, mustard, honey, pepper, and salt. Process until well blended.

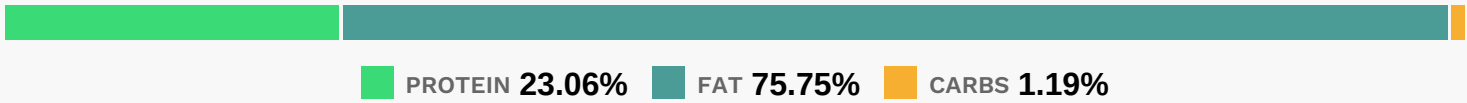
☐ Remove pan from oven and increase heat to 350°F. Using a pastry brush, spread

☐ Riesling mixture over ham. Return pan to oven and bake ham, tenting with foil if browning too quickly, until internal temperature registers 135°F and crust is golden brown, 15–30 minutes.

☐ Transfer ham to a large platter.

Let restfor 30 minutes before carving. Skim fat frompan juices, reheat, and pour juices into amedium pitcher; serve alongside.

Nutrition Facts



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%), Phosphorus: 11.39mg (1.14%), Vitamin B1: 0.02mg (1.14%)