



Roasted Fresh Ham with Cider Glaze

READY IN



570 min.

SERVINGS



12

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 gallon apple cider
- 2 bay leaves
- 1 teaspoon pepper black freshly ground
- 1 cup firmly brown sugar dark packed
- 1 cinnamon sticks
- 1 cup flat-leaf parsley leaves fresh
- 2 tablespoons flour all-purpose
- 12 sage leaves fresh chopped
- 9 large cloves garlic peeled chopped

- 8 pound shank end ham fresh bone-in
- 1 tablespoon kosher salt
- 2 cups kosher salt
- 1 tablespoon mustard seeds
- 0.3 cup olive oil extra-virgin
- 4 large onions spanish trimmed cut into 1-inch wedges
- 0.5 teaspoon pepper flakes red
- 1 teaspoon pepper flakes red
- 2 tablespoons butter unsalted softened
- 8 quarts water
- 0.3 cup whole-grain mustard

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- One day before roasting: In a plastic container large enough to hold the ham, stir the water with the salt and brown sugar until dissolved.
- Add the spices. Score ham in a diamond pattern through the skin and fat, taking care not to cut into the meat.

- Add ham to brine, weight it with a plate to keep it submerged, and refrigerate for at least 4but no more than 8 hours.
- Drain, rinse, pat the ham dry, and refrigerate.
- One hour before roasting, remove the ham from the refrigerator. Preheat the oven to 450 degrees F. For the rub: Pulse the olive oil, mustard, parsley, sage, garlic, red pepper, salt, and black pepper in a food processor to make a paste. Rub it all over ham. In a large roasting pan, toss the onion wedges with 1 cup of the apple cider, and set the ham on top. Roast the ham for 30 minutes, reduce the oven temperature 325 degrees F, and roast until an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 4 hours. After the first hour, loosely wrap aluminum foil around the bone to keep it from burning.
- Meanwhile, for the glaze: Boil, then simmer, the remaining apple cider in a saucepan, skimming as needed, until syrupy and reduced to about 2 cups, about 1 1/2 hours.
- During the last 1 1/2 hours of cooking the ham, brush it with the glaze every 30 minutes.
- Transfer the cooked ham to an ovenproof platter and let it rest in the turned-off oven for 30 minutes. Loosely cover the onions in a bowl, and put them in the oven as well. Strain the pan juices into a saucepan, skim off any excess fat, and bring to a boil. Make a paste with the flour and butter and whisk a bit at a time into the juices. Boil until thick. Carve the ham and serve with the onions and sauce.

Nutrition Facts



■ PROTEIN **25.87%**
■ FAT **50.48%**
■ CARBS **23.65%**

Properties

Glycemic Index:22.81, Glycemic Load:16.29, Inflammation Score:-7, Nutrition Score:37.500869274139%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 1045.58kcal (52.28%), Fat: 58.18g (89.51%), Saturated Fat: 20.05g (125.29%), Carbohydrates: 61.34g (20.45%), Net Carbohydrates: 58.98g (21.45%), Sugar: 50.48g (56.09%), Cholesterol: 192.5mg (64.17%), Sodium: 23149.22mg (1006.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.08g (134.16%), Vitamin B1: 1.94mg (129.57%), Selenium: 73.99µg (105.7%), Vitamin K: 85.87µg (81.78%), Phosphorus: 707.12mg (70.71%), Vitamin B3: 14.06mg (70.31%), Vitamin B6: 1.32mg (66.01%), Zinc: 7.48mg (49.87%), Vitamin B2: 0.76mg (44.62%), Potassium: 1346.67mg (38.48%), Vitamin B12: 1.94µg (32.32%), Copper: 0.59mg (29.39%), Manganese: 0.58mg (29.12%), Magnesium: 96.88mg (24.22%), Iron: 4.1mg (22.8%), Vitamin C: 14mg (16.97%), Vitamin B5: 1.69mg (16.92%), Vitamin D: 2.15µg (14.35%), Vitamin E: 2.04mg (13.61%), Calcium: 126.45mg (12.64%), Vitamin A: 564.76IU (11.3%), Fiber: 2.35g (9.41%), Folate: 30.77µg (7.69%)