



## Roasted Fresh Ham with Cider Glaze

READY IN



520 min.

SERVINGS



10

CALORIES



1255 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
- 2 tablespoons flour all-purpose
- 1 cup flat-leaf parsley fresh
- 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 crushed
- 2 tablespoons butter unsalted softened
- 8 quarts water
- 0.3 cup whole-grain mustard

## Equipment

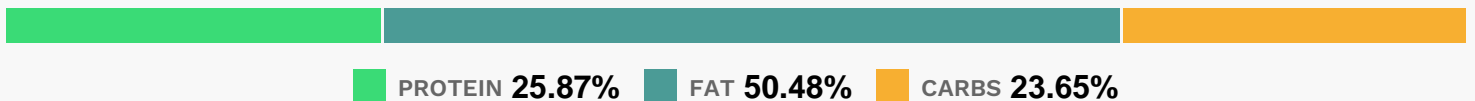
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

## 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 4 hours but no more than 8 hours.
- Drain, rinse, pat the ham dry, and refrigerate.
- One hour before roasting, remove 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 to 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 roasting 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 an ovenproof 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



## Properties

Glycemic Index:27.38, Glycemic Load:19.55, Inflammation Score:-8, Nutrition Score:43.261304191921%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epicatechin: 17.83mg, Epicatechin: 17.83mg, Epicatechin: 17.83mg, Epicatechin: 17.83mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

## Nutrients (% of daily need)

Calories: 1254.7kcal (62.73%), Fat: 69.82g (107.41%), Saturated Fat: 24.06g (150.35%), Carbohydrates: 73.6g (24.53%), Net Carbohydrates: 70.78g (25.74%), Sugar: 60.58g (67.31%), Cholesterol: 231mg (77%), Sodium: 27779.07mg (1207.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.5g (160.99%), Vitamin B1: 2.33mg (155.48%), Selenium: 88.79µg (126.84%), Vitamin K: 103.04µg (98.14%), Phosphorus: 848.54mg (84.85%), Vitamin B3: 16.87mg (84.37%), Vitamin B6: 1.58mg (79.21%), Zinc: 8.98mg (59.85%), Vitamin B2: 0.91mg (53.54%), Potassium: 1616.01mg (46.17%), Vitamin B12: 2.33µg (38.79%), Copper: 0.71mg (35.27%), Manganese: 0.7mg (34.94%), Magnesium: 116.25mg (29.06%), Iron: 4.93mg (27.36%), Vitamin C: 16.8mg (20.36%), Vitamin B5: 2.03mg (20.31%), Vitamin D: 2.58µg (17.21%), Vitamin E: 2.45mg (16.33%), Calcium: 151.74mg (15.17%), Vitamin A: 677.71IU (13.55%), Fiber: 2.82g (11.3%), Folate: 36.93µg (9.23%)