



Roasted Fresh Ham with Citrus and Rye

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup sage fresh chopped
- ☐ 12 pound ham fresh
- ☐ 0.3 cup kosher salt plus more for seasoning
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 cup orange juice fresh
- ☐ 2 tablespoons orange zest finely grated
- ☐ 1 tablespoon pepper red crushed
- ☐ 0.3 cup irish whiskey

- ☐ 1 tablespoon butter unsalted chilled
- ☐ 4 star anise whole

Equipment

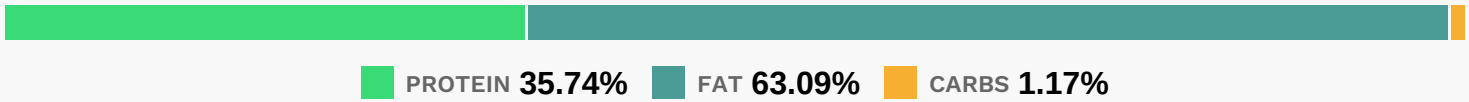
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Using a utility knife or a sharp knife, carefully score skin of ham at 3/4"-1" intervals in a crosshatch pattern, taking care to cut just through skin and fat, not into the meat.
- ☐ Whisk sage, 1/4 cup salt, orange zest, and red pepper flakes in a small bowl. Rub salt mixture all over ham.
- ☐ Transfer ham and any excess salt mixture to a jumbo (2-gallon) resealable plastic bag.
- ☐ Place ham in bag on a large rimmed baking sheet and chill, turning ham every day to ensure even curing, for 4 days.
- ☐ Remove ham from bag and pat dry with paper towels.
- ☐ Let ham stand at room temperature for 2 hours.
- ☐ Arrange a rack in lower third of oven and preheat to 500°F.
- ☐ Place ham, shank bone up, on a rack in a roasting pan.

- ☐ Roast ham until skin turns deep goldenbrown and starts to puff, about 20 minutes.Reduce heat to 325°F. Carefully add 1 cupwater to pan (it may spatter) and roast,rotating pan once, for 1 hour.
- ☐ Add 2 cups water to pan. Scatter staranise around ham; continue to roast,rotating pan every 45 minutes and addingmore water if needed to maintain 1/4" liquidin bottom of pan, until skin is deep goldenbrown and crisp and an instant-readthermometer inserted into the thickest partof ham registers 140°F, 1 1/2–2 hours more. Ifskin does not crisp within last 30 minutesof cooking, increase heat to 450°F and roastabout 5 minutes longer (watch closely).
- ☐ Transfer ham to a carving board; let restfor at least 30 minutes or up to 1 1/2 hours(the ham's internal temperature will increas eas it rests to about 150°F).
- ☐ Pour juices fromroasting pan through a fine-mesh sieve intoa large measuring cup; set juices aside anddiscard solids in strainer.
- ☐ Set roasting pan over two burners; addrye. Cook over high heat, scraping up anybrowned bits from bottom of pan, until ryeis reduced by half, about 1 minute.
- ☐ Pourrye through same sieve into the measuringcup with ham juices. Chill in freezer for15 minutes (this will make skimming the fatfrom the surface much easier).
- ☐ Skim fat from surface of juices; discard.
- ☐ Transfer juices (you should have about1 cup) to a medium saucepan.
- ☐ Add orangejuice and broth or 1 cup water. Bring to agentle boil over medium-high heat. Cookuntil reduced to 1 1/2 cups, about 20 minutes.
- ☐ Remove pan from heat; stir in butter.Season sauce with salt, if needed. Carveham. Pass sauce alongside.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:36.753912886848%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 980.73kcal (49.04%), Fat: 66.3g (102%), Saturated Fat: 23.83g (148.92%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.56g (1.73%), Cholesterol: 243.2mg (81.07%), Sodium: 6650.74mg (289.16%), Alcohol: 2.02g (100%), Alcohol %: 0.59% (100%), Protein: 84.49g (168.98%), Vitamin B1: 2.36mg (157.19%), Selenium: 88.43µg (126.33%), Vitamin B3: 17.73mg (88.66%), Copper: 1.76mg (87.82%), Phosphorus: 843.82mg (84.38%), Vitamin B6: 1.5mg (75.08%), Zinc: 9.1mg (60.69%), Vitamin B2: 0.88mg (51.62%), Vitamin B12: 2.51µg (41.78%), Potassium: 1181.64mg (33.76%), Iron: 3.74mg (20.75%), Magnesium: 78.37mg (19.59%), Vitamin D: 2.74µg (18.24%), Vitamin B5: 1.82mg (18.23%), Vitamin C: 10.09mg (12.23%), Vitamin E: 1.65mg (11%), Manganese: 0.13mg (6.25%), Vitamin A: 234.34IU (4.69%), Folate: 17.45µg (4.36%), Calcium: 39.48mg (3.95%), Fiber: 0.4g (1.6%)