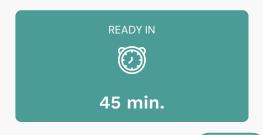


Roasted Fresh Ham with Citrus and Rye

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.5 cup sage fresh chopped
12 pound ham fresh
O.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
Eq	uipment
	bowl
	frying pan
	baking sheet
	paper towels
	sauce pan
	oven
	knife
	whisk
	sieve
	roasting pan
	ziploc bags
	measuring cup
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ווט —	rections
	Using a utility knife or a sharp knife, carefullyscore skin of ham at 3/4"-1" intervals in acrosshatch pattern, taking care to cut justthrough skin and fat, not into the meat.
	Whisk sage, 1/4 cup salt, orange zest, andred pepper flakes in a small bowl. Rub saltmixture all over ham.
	Transfer ham and anyexcess salt mixture to a jumbo (2-gallon)resealable plastic bag.
	Place ham in bagon a large rimmed baking sheet and chill, turning ham every day to ensure evencuring, for 4 days.
	Remove ham from bag and pat drywith paper towels.
	Let ham stand at roomtemperature for 2 hours.
	Arrange a rack in lower third of oven andpreheat 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, 11/2–2 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 11/2 hours(the ham's internal temperature will increase it rests to about 150°F).		
Pour juices fromroasting pan through a fine-mesh sieve into a large measuring cup; set juices aside and discard 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 for 15 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 11/2 cups, about 20 minutes.		
Remove pan from heat; stir in butter. Season sauce with salt, if needed. Carveham. Pass sauce alongside.		
Nutrition Facts		
PROTEIN 35.74% FAT 63.09% CARBS 1.17%		

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, Hesperetin: 2.12mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 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%)