

marmalade glazed ham

Serves: 15-24

Prep time: 10 min

Per serving: 288 calories, 4 g

1 cup firmly packed light brown sugar	1/4 cup mustard	1/2 tsp ground cloves
2 cup orange marmalade	3 TBS cider vinegar	Cooking oil spray
1 bone-in, fully cooked smoked ham half (7 ½ to 8 ½ pounds)		

1. Position the oven rack in the middle of the oven and preheat the oven to 325° F.
2. Combine the brown sugar, marmalade, mustard, vinegar, and cloves in a small microwave-safe mixing bowl. Stir well. Microwave, uncovered, on high power to melt the marmalade slightly, so the mixture will spread easily, 1 minute. Remove the glaze from the microwave and stir. Set aside.
3. Line a roasting pan or a large casserole dish with aluminum foil and spray the foil with cooking oil spray. Cut the skin off the ham (it's dark-colored and rough), if necessary. Trim away any excess fat. Place the ham on the foil, flat side down, and spoon some of the glaze over the ham to coat it. Rub the glaze into the ham with the back of a spoon to make sure all areas are covered.
4. Place the ham in the oven and bake until an instant-read meat thermometer registers 140° F when inserted in the center (do not touch the bone), about 2 hours for an 8-pound ham (see Kitchen Tip). While the ham is baking, baste it three more times with the remaining glaze. (Do not rub the glaze into the ham as you did the first time or you will rub off the glaze that has begun to bake on. Just spoon the glaze over the ham—it will spread easily over the hot ham.) If the ham begins to get too brown in the final minutes of baking, tent the top with foil.
5. Remove the ham from the oven and let it stand for 15 minutes before slicing and serving. (If you expect to have leftover ham, slice only as much as you'll serve at this meal.)

Kitchen Tip: To determine how long to bake the ham, multiply the number of pounds by 15 minutes, then round off the cooking time to the nearest 5-minute point. For example, a ham weighing 7 ½ pounds will cook for about 1 hour and 50 minutes. An 8 pound ham will reach an internal temperature of 140° F in about 2 hours.

For leftovers, it's easy to freeze extra ham, which is what you should do with any ham you don't plan to eat within 4 days of cooking. Freezing ham will change its texture somewhat, but if you use it cubed in casseroles and other dishes, you can't tell the difference. Just cut the ham into bite-size cubes, wrap them tightly in plastic wrap, and place them in freezer-weight zipper-top plastic bags or other airtight containers.