

**Recipe Name:** Apricot Glazed Ham

**Recipe Category:** Dinner Entrée

**Portion Size:** 3 oz.

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
2 lbs. fully cooked whole boneless ham	
1/3 cup packed brown sugar	
1 Tablespoon cornstarch	
1/2 teaspoon nutmeg	
1/8 teaspoon, ground cloves	
2/3 cup apricot nectar	
2 Tablespoons lemon juice	

**Directions:**

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Pre heat oven to 325°F.	
2	Place ham on rack in shallow roasting pan.	
3	Bake uncovered for 40-45 minutes or until temperature reaches 140 degrees.	
4	For the glaze, in a small saucepan combine brown sugar, cornstarch, nutmeg, cloves, apricot nectar and lemon juice.	
5	Cook over medium heat until thickened and bubbly, stirring constantly.	
6	Remove 1/2 glaze and brush on ham.	
7	Bake for 15 minutes.	
8	Slice ham and serve with remaining glaze.	

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Moisten with broth as needed.

**Chopped: Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed. **Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serv 1/2 cup puree meat topped with glaze.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** Omit glaze

**Bland:** omit nutmeg and cloves

**Liberal House Renal:** use alternate menu item

**No Added Salt:** use alternate menu item.

**2 Gram Sodium:** use alternate menu item

**Gluten Free:** No changes needed. Prepare foods separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free

