

**Recipe Category:** Dinner Entrée

**Portion Size:** 3 oz.

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
4 pounds ham, bone in or 2 lbs. boneless	Trim all visible fat
1 cup brown sugar	
¼ cup honey, maple syrup, or cider vinegar	
2 teaspoons dry mustard	
15 or more cloves	
1 can pineapple rings	(optional)

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat the oven to 350° degree oven.	
2	Place the ham on a rack in a shallow roasting pan, fat side up.	
3	Bake the ham unglazed until the thermometer reads 130°F or until 1 hour before the ham is done.	
4	Prepare for glazing by scoring the outside fat in a diamond pattern, cutting ¼ inch deep with a sharp knife.	
5	Combine the brown sugar with the honey, syrup, or vinegar and the mustard.	
6	Mix well and spread over the outside of the ham.	
7	Stud with whole cloves set decoratively in the center of each diamond.	
8	Optional: Or if you like pineapple rings, set them in place with toothpicks, putting the cloves in the holes.	
9	Return to the oven for 1 hour to finish baking, brushing, if you wish, every 15 minutes with basting sauce.	Cook until internal temperature reaches 145°F for 4 minutes.
10	Let it rest 15 minutes before carving. Carve and serve hot.	

**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 ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: pineapple rings. May substitute canned peaches.

**Chopped:** **Food particle size ¼ inch (~ ½ 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. Foods that do not process well should be omitted. Omit: pineapple rings. May substitute canned peaches.

**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. Foods that do not process well should be omitted. Omit: pineapple rings. May substitute canned peaches.

**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 to 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. Foods that do not process well should be omitted. Omit: pineapple rings. Serve ½ c. meat serving. May substitute canned peaches.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No brown sugar, honey or maple syrup

**Bland/Anti Reflux:** No pineapple rings and mustard

**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.

**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