

MAPLE-BRAISED HAM

Ingredients

1 smoked shoulder ham with the bone, about 6 pounds
whole cloves
1 cup of maple syrup Grade B¹
1 bottle of beer
1 cup of chicken stock
1 teaspoon of Dijon mustard
¼ de cup of apple butter
ground pepper
new potatoes

Remove the net and rind from the ham. Remove the exterior fat. Insert cloves ever 3-4 inches, and place it in a large oven-proof pot. Pour the syrup, beer, and stock over the ham. Add the mustard, apple butter, and pepper to the liquid and mix. Cover and cook in a preheated oven to 325° F. for 2 hours. Remove the lit and continue cooking 1 hour, basting the ham with the cooking liquid. Place the potatoes in the juice around the ham and cook for the last hour. Re-serve the ham on a board and reduce the juice by half. Serves 12.

ACTIVITIES

1. At the grocery store, identify the different varieties of ham. Then serach on-line to find out how each is cured..
2. What vegetables could you serve with this dish?
3. Note the different kinds of mustard you find at the grocery store, and organize a tasting to determine the qualities of each kind of mustard.
4. Look on line for recipes for apple butter? What spices are used?
5. Where do cloves come from?

Notes

¹ Industrial maple syrup (Grade 3) in not available in Québec. In the U.S., Grade B can be ordered on line.