



Sugar Apple

Posts From The Caribbean

Ham with Sorrel and Sorghum Glaze

I added sorghum to my glaze for a kind of Caribbean meets Southern flavor. If you don't have sorghum (and it *is* hard to find), molasses makes a fine substitute. When I'm baking a ham for Thanksgiving or a large party, I always cook it the day before and refrigerate it overnight. The next day, slice it and serve it cold or gently rewarm the sliced ham in a 325° oven for about 20 minutes.

1 fully cooked smoked ham, about 8-10 pounds

1/2 cup sorrel drink

1/4 cup dark rum

1 teaspoon grated fresh ginger

2 tablespoons sorghum or molasses

2 teaspoons apple cider vinegar

3/4 cup light brown sugar

Preheat the oven to 325°.

Line a shallow roasting pan with heavy duty foil and put a roasting rack in the pan. (This is important. If you don't line the roasting pan, the sugary glaze will stick to your pan and be almost impossible to clean. I know - I didn't line my pan and ended up scrubbing the most godawful mess off my roaster.)

Cut the skin and all but 1/4" of fat off the ham. Score the fat in a diamond pattern. If you're feeling really festive you can stick some cloves in your ham. Put the ham on the rack in the roasting pan and bake until the internal temperature of the ham reaches 140°. This will take about an hour and a half, depending on the size of your ham.

In the meantime, put the sorrel drink and the rum in a small saucepan and bring to a boil. Boil until the liquid in the pan is reduced to 1/4 cup. Put the reduced liquid in a small bowl and add the rest of the ingredients, stirring to make a thick glaze.

When the ham has reached 140°, remove it from the oven and turn the oven temperature up to 400°. Brush the glaze over the ham and return it to the oven. Bake until the glaze is dark brown and bubbling. Remove from the oven and let rest for at least 20 minutes before carving. *An 8-10 pound ham will serve about 10-12 people as the centerpiece of a dinner or about 20 people as part of a larger buffet.*

<http://www.abigailblake.com/sugarapple>

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