

## Glazed Ham (useful for Christmas)

I have been using a microwave for my Christmas (& festive) hams for many years. If the day is to be hot, it doesn't heat up the kitchen. The recipe is adapted from a recipe book which accompanied the Toshiba Microwave oven dated 1982. I have more than halved the cooking time, as a pre-cooked ham of such a small size does not need a long cooking time.

### *Ingredients:*

1 kg to 1.5 kg fully cooked boneless ham

Whole cloves

1 small can crushed or whole pineapple or use canned or stewed apricots.

(Use the apricots or pineapple pieces later in a dessert or trifle.)

Reserve the juice this is what you will use, if there is not 2 cups worth, add some orange juice.

2 tablespoons soft packed brown sugar

1 teaspoon prepared mustard (preferably Dijon)

*Also needed:* Oven bag large enough to contain both the ham and the liquids.

Approx. 2 tablespoons of white flour

A large microwave proof dish deep enough to contain the ham and liquids and the oven bag- without it touching the sides of the microwave. Pyrex casserole or similar is useful.

Pair of large metal tongs.

### *Method:*

Remove the ham from its packing, if it has webbing remove this totally and discard.

With a sharp knife score the surface of the ham with diagonal slashes (cut no more than 0.6 cm deep)

Repeat slashes across the ham so that they form diamond shapes.

Stud the ham with the whole cloves at the corner of each diamond.

In the oven bag, shake the flour around to lightly coat it, per the instructions with the Oven bag.

Place the ham in the bottom of the bag and place in the dish.

In a 2 cup jug place the brown sugar, and pineapple juice, and mustard.

Microwave on high for about 2 minutes to dissolve the sugar. Remove from microwave and stir together.

Carefully pour the liquid into the bag over the ham.

Close the bag with a strip cut from oven bag or with a piece of string. Slash holes *below* the fastening to allow steam to escape while cooking.

Microwave on high for 5 minutes. Pause and turn the ham over in the bag.

A pair of large tongs is ideal. It is a bit awkward to do this, and take care not to burn or scald yourself with steam from the bag.

Microwave for another 7 minutes, and turn over again, and microwave for another 10 to 15 minutes- you may need to turn it again after 5 minutes, depending on how large the ham is.

Leave it to stand for 10 minutes after cooking.

Hold the bag carefully slightly above the dish and cut a small hole in the bottom corner of the bag, to allow the juices to drain into the dish. The juices can then be made into a gravy or sauce, just add some more flour if it is not thick enough already.

Place the ham still in the bag onto another plate, allow it to rest. Carefully split open the bag, and then cool, or serve hot. The ham can easily be stored in the oven bag, or otherwise keep a piece of foil over it when storing in the refrigerator.