

# FRESH HAM

## »— The Vitals —«

Serves: 6 to 8

Prep Time: 12-24 hours for brine and rub

Cook Time: About 1 hour

Supplies: Meat thermometer, roasting pan, tin foil, zester

You can make this recipe without brining the roast, but after you experience brining you will never go back. Brining helps the meat to retain moisture and thus lots of flavor.

## »— What You Need —«

### For the Brine

3 cups water

¼ cup salt

¼ cup sugar

2 bay leaves

1 T. peppercorns

1 tsp. thyme or 2-3 fresh sprigs

1 tsp. rosemary or 3-4 fresh sprigs

### For the Ham

2-3lb fresh Hand Hewn Farm ham roast

1 lemon

¼ cup olive oil

¼ cup fresh rosemary leaves (or 1 ½ T. dried)

1 T. kosher salt

1 tsp. freshly ground black pepper

4 dried rocks (don't use these)

### For the Sauce

¼ cup dry white wine

½ cup chicken broth

2 tsp. butter or butter substitute

2 tsp. flour or your favorite flour substitute

¼ cup black raspberry jam or cherry or raspberry

## WITH rosemary and lemon

## »— How to —«

### Prepare the brine

Combine water, salt and sugar in a pan and bring to a boil. Stir until dissolved then add rest of ingredients. Turn off heat. Cool completely then place roast and brine into non metallic container. Put in fridge and wait for 12-24 hours. Remove the roast from the fridge about 45 minutes before you start cooking it as it is better for the meat to be close to room temperature before cooking.

### Prepare the ham

Place ham in a container that can be refrigerated. Zest the lemon. Put the zest, olive oil, rosemary, salt and pepper in a food processor or blender and make a paste. Rub all over the ham. Cover ham with foil and put in fridge for 12-24 hours.

Preheat oven to 350 degrees. Position oven rack so that there is about 2 inches of space above the ham for air circulation. Keep ham covered with foil and roast for 45 minutes. Uncover for last 15 minutes. The meat should reach an internal temperature of 145 degrees; adjust cooking time accordingly. If ham begins to get too brown cover loosely with foil to prevent burning. Transfer ham to cutting board and cover with foil to rest while you make the sauce.

### Make the sauce

Scrape the pan and use the drippings and yummy bits to start your sauce. Over medium heat, whisk in the wine and broth. Add ¼ cup water and simmer until liquid is reduced by a third. Use a fork to mash the butter with the flour to make a thick paste. If not using flour you can leave the butter out and just thicken according to whatever thickener you normally use. Whisk in the jam then add the paste to the liquid until fully dissolved and simmer until sauce has thickened.