

For the Farm Wife and Family

By Mrs. Richard C. Spence

HAM IS SO EASY



SPENCE

The modern ham regardless of kind and style needs no special equipment for heating. Just place it on a rack in an open pan. Use no cover and add no moisture. The use of a roast meat thermometer is recommended so that the ham is not overcooked. A glaze or garnish adds to the attractiveness of the ham.

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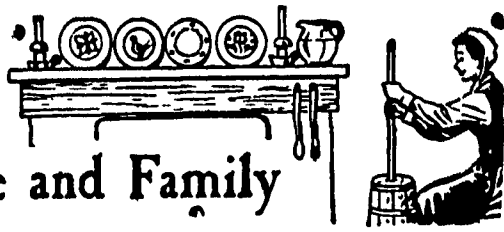
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Ham is so easy to buy, heat, carve, serve, and store. There is even a wide variety of ways to serve the ham that remains after a very special dinner. You can buy a fully cooked ham—so identified on the wrapper. These hams are fully cooked during the curing and smoking process. You can also buy cook-before eating hams, these hams are cured and smoked but not brought to and held at a high enough temperature to give a cooked texture. They are best when heated to 160 degrees internal temperature. Which ever type ham you choose, there is a style to satisfy your need. Choose boneless, semi-boneless, shankless, or the bone-in, short shank ham.

if it is carved at the table.

FRESH ORANGE GLAZED HAM

- 10 to 12 pound whole smoked ham, bone-in
- 1 tablespoon grated orange peel
- 1 1/2 cups orange juice
- 1/4 cup sugar
- 1/4 cup light corn syrup
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Whole cloves

Place ham on rack in shallow pan, bake uncovered at

325 degrees, 18 to 20 minutes per pound, or until internal temperature reaches 150-155 degrees. While ham is baking, make glaze by combining grated orange peel, orange juice, sugar, light corn syrup, cinnamon and nutmeg in saucepan; bring to boil. Reduce heat and simmer for 10 to 15 minutes. Half hour before ham is done, remove from oven. With sharp knife remove rind. Score fat in diagonal cuts 1 to 1 1/2 inches apart, forming diamond pattern; stud each diamond with whole cloves. Baste ham well with orange glaze. Return to oven and bake 20 to 25 minutes longer, brushing occasionally with orange glaze. Remove from oven. If desired, garnish with flowers cut from orange peel and leaves and stems cut from pickles.

HAM CURRY ON RICE

- 2 cups cubed baked ham
 - 3 tablespoons butter or margarine
 - 4 tablespoons flour
 - 1 teaspoon salt
 - 1 teaspoon curry powder
 - 2 cups milk
 - 1 cup pineapple tidbits, drained
 - 6 ounce can water chestnuts, drained and sliced
- Melt butter. Blend in flour, salt, and curry. Gradually stir in milk. Stir and cook until mixture thickens. Add ham, pineapple, and water chestnuts. Heat. Serve over

Oven Baked Rice

OVEN BAKED RICE

- 1 cup uncooked rice
 - 2 cups boiling water
 - 1/2 teaspoon salt
 - 1 tablespoon butter or margarine
- Place rice in a shallow 1 1/2 quart casserole. Pour in water. Add salt and butter. Stir to combine. Cover tightly. Bake in a moderate oven (350 degrees) 30 minutes. 6 servings.

HAM RING

- 2 tablespoons butter or margarine
 - 2 tablespoons flour
 - 1/4 teaspoon powdered dry mustard
 - 1 1/2 cups milk
 - 2 eggs, beaten
 - 2 cups ground cooked ham
 - 1 hard cooked egg, sliced
 - 1 1/2 ounce can cream of mushroom or celery soup
- Melt fat over low heat. Blend in flour and dry mustard; heat until bubbly. Add 1 cup milk slowly, stirring constantly over low heat until mixture thickens. Stir part of the hot mixture into the eggs; then stir eggs into the rest of the hot mixture. Remove from heat. Stir in

ground ham. Pour into a greased 1-quart ring mold or greased custard cups. Place in a pan of hot water. Bake at 350 degrees until firm—about 40 to 50 minutes for ring mold; 30 to 35 minutes for individual cups. Garnish with hard-cooked egg slices. Serve with a sauce made by combining and heating the soup and 1/2 cup milk. Makes 4 servings.

Here's an unusual and attractive way to serve onions. And it would be an excellent dish to serve with ham.

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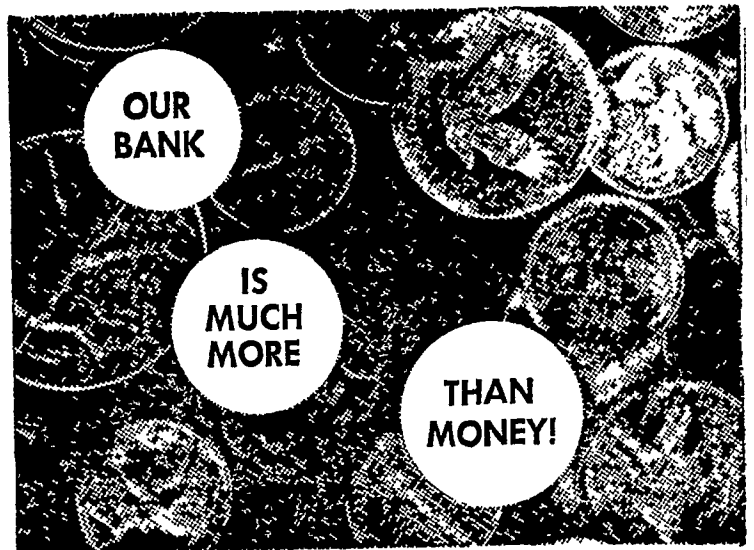
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