

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Ham Rings In The New Year

Rosy pink slices of brown sugar cured ham are tempting fare teamed up with sweet potato bells, crisp relishes, hot rolls and fruit cake. An easy rule to remember in buying ham is to allow 1/2 pound of bone-in ham per serving. Ham served buffet style may be sliced either hot or cold. For cold service, the homemaker should look for the words "fully cooked" when she buys the ham. It does not require additional cooking and may be sliced and served as purchased. All hams not specifically labeled "fully cooked" are "cook before eating" hams. They should be cooked to an internal temperature of 160 degrees, as indicated on a roast meat thermometer. To serve a fully cooked ham hot,

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heat to 130 degrees internal temperature.

Here are two ways to serve ham—

FRESH ORANGE BAKED HAM SLICE

- 1 slice (1 1/2 inches thick) ready-to-eat ham (about 3 pounds)
- Whole cloves
- 3/4 cup orange juice
- 2 tablespoons lemon juice
- 1/2 cup honey
- 2 tablespoons prepared mustard
- 1 tablespoon cornstarch
- 1 tablespoon water
- 3/4 cup raisins
- 1 orange, peeled, cut into bite-size pieces

Score ham around edges; place in baking dish and stud with whole cloves. Combine

citrus juices, honey and mustard; mix thoroughly. Pour sauce over ham; cover and bake at 325 degrees for 45 minutes or until tender. Remove ham to serving platter; keep warm. Pour sauce from baking dish into saucepan. Combine cornstarch and water; stir into sauce. Bring to a boil over medium heat, stirring constantly. Add raisins and cook 2 to 3 minutes. Add fresh orange pieces. Serve warm over ham. 6 servings.

HONEY GLAZED HAM SLICES

- 1 (3-pound) canned cooked ham
- 3 cups apple cider
- 1 tablespoon whole allspice

- 1 teaspoon whole cloves
- 3 cinnamon sticks, each 2 inches long
- 1 cup light honey
- 1 tablespoon lemon juice

Day before; Remove all gelatine from ham; thinly slice crosswise. Overlap ham slices in single layer in 15 1/2 x 10 1/2 x 1-inch baking pan. Combine the next four ingredients in a saucepan; bring to a boil. Cover; boil 10 minutes. Strain; pour over ham. Cool. Cover and refrigerate overnight.

Morning of meal; Pour off marinade. Combine honey and lemon juice. Brush or spoon half the honey glaze evenly on ham. Bake in a preheated moderate oven (375 degrees) 15 minutes. Brush or spoon on remaining honey glaze. Continue baking 15 to 20 minutes or until slices are nicely glazed, basting twice. Before serving, spoon honey glaze from pan over ham. Makes 10 servings.

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Here are two vegetables that go well with ham—

SWEET POTATO BELLS

- 3 cups mashed sweet potatoes, cooked or canned
- 1/2 cup marshmallow whip
- 1/2 cup chopped nuts
- 8 whole cranberries

Combine sweet potatoes and marshmallow. Sprinkle 1 tablespoon chopped nuts into each well-buttered individual bell-shaped mold. Use a single fresh cranberry to mark bell clapper. Spoon sweet potato mixture into molds. Set molds in pan of water. Heat in moderate oven 350 degrees about 15 minutes. Unmold and serve hot with baked ham.

GOLDEN NUGGET

CREAMED ONIONS

- 1 16-ounce cans small whole onions, undrained
- 2 tablespoons flour
- 2 tablespoons melted butter or margarine
- 1 teaspoon salt
- 1 1/4 cups milk
- 2 teaspoons finely grated orange peel
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon dry mustard
- 1/4 Paprika

Cut orange into bite-size pieces; drain thoroughly. Simmer onions until thoroughly heated; drain. In a small saucepan, stir flour into melted butter to form a smooth paste; add salt. Gradually add milk, stirring constantly, until mixture is smooth. Bring to a boil over medium heat; stirring constantly; cook 3 minutes. Stir in grated peel, Worcestershire and mustard. Pour hot sauce over drained onions;

gently stir in orange pieces. Sprinkle with paprika; serve at once. 6 servings.

A dessert to go with your ham supper—

CRANBERRY ORANGE PUDDING

- 1/2 stick butter or margarine, melted
- 3 cups sifted flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon ground ginger
- 1 tablespoon grated orange rind
- 2 cups whole cranberries
- 3/4 cup light molasses
- 1/2 cup orange juice
- 1/2 cup warm water
- 1/2 cup chopped nuts

Sift together flour, sugar, baking powder, soda, salt, cinnamon, and ginger. Stir in orange rind and cranberries. Combine molasses, or-sauce over drained onions; (Continued on Page 9)



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