

Kentucky Holiday Recipes

Baked Kentucky Country Ham (Moonlite Bar-B-Q Inn)

Place the cleaned ham, skin side up, on a rack in an open pan.

Bake, covered, in a slow oven (300°F) until tender or until the center of the ham registers 170°F on a meat thermometer. This will take about 25 to 30 minutes per pound for whole ham. Use a meat thermometer to take the guess work out of cooking time. Insert it till the bulb reaches the center of the ham and does not touch either bone or fat.

Fill the space under the rack of a roasting pan with water to prevent excessive shrinkage. This should help keep your ham moist and tender.

You may either serve the ham at this stage or remove the skin and glaze.

Glazing Your Country Ham

After the ham is cooked, remove the skin and use your favorite glaze. Do not overcook ham or it will fall apart when carved. Use a meat thermometer to avoid overcooking or under cooking.

1. Remove ham skin with a sharp knife. If desired, score the fat into 1 or 2 inch squares.
2. Cover with glaze.
3. Bake in a moderately hot oven (300-400°F) about 20 minutes or until brown and glazed.

Our Favorite Glaze For Your Country Ham

One cup brown sugar - mix with 3 tablespoons mustard, spread glaze on ham, add pineapple slices to country ham.