


☐

I'm not robot


reCAPTCHA

Continue

Sauce for cooked ham

Ham is a delicious meat for both lunch and dinner. Purchasing a spiral ham from the grocery store eliminates any need to cook the meat. The ham is precooked and sliced, so it's ready to be eaten in sandwiches [source: The City Cook]. But you can also roast the ham in the oven and create a delicious dinner entrée that will have everyone asking for seconds. Read the steps listed below and learn about how to cook spiral ham.Ingredients:5 pound (2.27 kilogram) spiral ham½ cup dark brown sugar½ cup honey½ cup fresh orange juice½ cup peach nectarFour to five chipotles, mincedPreheat your oven to 375 degrees Fahrenheit (190.5 degrees Celsius).Mix the brown sugar and honey in a bowl and set aside for glazing later.Mix together the orange juice, peach nectar and chipotles in another bowl. Remember that chipotles are spicy, so add them to taste. If you want a milder dish, just add a teaspoon of the liquid from the chipotles.Place the spiral ham on a baking dish with the cut side down. Pour some of the juice mixture over the ham and in between the cut slices.Bake the ham in the oven for thirty minutes. Baste it with some of the juice mixture every 10 minutes.Take the ham out of the oven and pour the cooked juice mixture into a bowl, to serve as gravy.Brush the ham with the brown sugar and honey mixture.Return the ham to the oven and allow it to bake for another hour until the glaze on it caramelizes [source: McCargo]. There are various methods for cooking the formed and smoked ham called a toupie, but the simplest method involves scoring the ham, pouring on a molasses-mustard glaze and baking the ham for about one hour per pound. Gather your ingredients, and preheat the ovenA toupie ham is fully cooked, so your goal in cooking is to add flavor to the ham. To do this, you need a roasting pan, an oven, aluminum foil, 2 cups warm water, honey mustard and molasses. Turn the oven on, and set to 325 degrees.Score your hamMake lengthwise cuts across the top of your ham about 1 inch apart. Cut lightly, about 1/8-inch thick. Cut crosswise across these cuts about 1 inch apart so you have scored squares in the top of the ham. Place the ham in the roasting pan with the scored side up.Prepare the glaze, and pour over the hamBlend together 3 tablespoons each of molasses and honey mustard with 2 cups warm water. Pour the glaze over the ham. Cover the pan with either the pan lid or aluminum foil with the shiny side facing the ham.Bake the ham, and servePlace the prepared ham in the oven and bake about one hour per pound of ham. Halfway through baking, baste the ham with glaze from the pan. When the ham is done, remove it from the oven, place it on a serving platter and baste the ham with glaze again. Loosely cover the ham with foil, and let it rest for 15 minutes before serving. Slice the ham, and serve it. Budaball hams are fully cooked, and heating time depends upon the size and style of the ham. A bone-in ham needs to heat in a preheated 325-degree-Fahrenheit oven for 14 to 17 minutes per pound. The ham sits fat-side up in a roasting pan. Budaball's other hams roast flat-side down and require a preheated 350-degree-Fahrenheit oven. Half of a ham bakes in the oven for 10 to 15 minutes per pound. Cooking time for whole hams is 15 to 18 minutes for each pound. Half of a spiral ham must warm for 12 to 15 minutes per pound. These times are guidelines, because ovens sometimes vary in temperature. Glazing a ham is a great way to add flavor, color, and texture to baked ham. It's not hard to do, and you can make a simple and delicious ham glaze from some very basic ingredients that you probably already have in your fridge or pantry. Glazing a ham involves using some sort of sweet ingredient, which is usually combined with a fruity, tangy or pungent ingredient. These sweet, fruity, pungent flavors really complement the salty flavor of the ham. Some common ingredients used in making a ham glaze include: Jam or preserves Brown sugar Honey Maple syrup Fruit juice, cider or soda Mustard Vinegar Cloves, cinnamon, ginger, and other spices The idea of making the glaze is to combine the ingredients into a paste, looking to balance the sweet, tangy and pungent flavors. (Incidentally, it's the caramelization of the sugars in the glaze that actually creates the glazing effect. Think of the glassy sugar glaze on the top of a crème brûlée, for instance.) The Spruce You want to leave the glaze on the ham long enough for it to caramelize, but not so long that it burns. And sugar burns quite easily, so you only want to apply the glaze to the ham during the last part of cooking. Otherwise, your glaze will turn into a smoky mess.For the most part, when we bake a ham, we're simply reheating a ham that's already cooked. Hams of this type are called ready to eat or ready to serve hams. For that reason, lower temperatures and longer cooking times will work fine. Temperatures of around 325 F to 350 F are perfect. Because the temperature is so low, we can simply apply the glaze to the ham about 30 to 60 minutes before the ham is finished cooking. To apply the glaze to the ham, you can use a heatproof spatula or a pastry brush. When it comes to pastry brushes, we prefer the silicone kind, because they don't shed their bristles when they get old, but you can use whatever kind you prefer. A spatula will work for a thicker glaze, as you can simply smear it over the ham. But for a more liquid glaze, you'll need to brush it on. There are a couple of techniques for glazing the ham. For a larger ham, say 15 pounds or more, you can apply the glaze in stages. For instance, let's say you mix up a one-cup batch of one of the ham glaze recipes below. You could apply 1/3 cup of glaze about an hour before the ham is done. Then 20 minutes later you can apply another 1/3 cup, and then the remaining 1/3 cup 15 minutes after that. For a smaller ham, it's fine to apply the glaze all at once. But here's another tip: You can make your glaze sweeter and more glossy by brushing the glaze with honey or maple syrup after about 30 minutes. As a matter of fact, if you want to be really minimalist, honey or maple syrup alone will make a simple but tasty ham glaze. The Spruce Before we get to the recipes, a note on cloves is in order. Many recipes call for studding a baked ham with whole cloves. But in the culinary arts, there is a convention that says that all garnishes should be edible. And no one wants to crack a tooth biting into a whole clove. Even so, studding with cloves is traditional, and it adds to the presentation. So if you decide to go this way, do take care to ensure you remove all the cloves (and fragments thereof) before carving. Otherwise, simply add a few ground cloves to the glaze. Here are a few easy ham glaze recipes for you to experiment with: 1 1/4cups packed brown sugar 1 1/2 ounces orange juice 1/2 teaspoon ground cloves Combine all the ingredients in a small bowl. Apply to the ham about 30 to 60 minutes before the end of cooking. 1/2 cup pineapple jam (or peach or apricot jam or preserves) 1/4 cup Dijon mustard 1/4 cup packed brown sugar 1/2 teaspoon ground cloves Combine all the ingredients in a small bowl. Apply to the ham about 30 to 60 minutes before the end of cooking. A "fully cooked" ham can be sliced and eaten cold in sandwiches and salads, but the flavor and texture are greatly improved by heating. Here's how to heat a ham labeled "fully cooked." These instructions apply to hams that are packaged in USDA-inspected plants. Hams that are not from USDA-inspected plants are heated to 165 F. Check the label for cooking instructions. It should be labeled either "fully cooked" or "cook before eating." Preheat the oven to 350 F. Place the ham on a rack in a large baking pan and add about 1/4- to 1/2-inch of water to the pan. If the ham is labeled "fully cooked" (does not require heating), heat it in the oven for about 10 minutes per pound, or to an internal temperature of 140 F. To heat a spiral-sliced ham, place it on a sheet of heavy-duty foil, cut-side down. Wrap the ham tightly with the foil and bake at 300 F for about 15 minutes per pound, or until a meat thermometer registers 140 F when inserted into the thickest part of the meat, not touching bone. If the ham is labeled "cook before eating," heat in an oven set no lower than 325 F to an internal temperature of at least 145 F. If you have a large enough slow cooker, put the ham in it and add about 1 cup of ginger ale, cola, stock, or water. Heat the ham on LOW for approximately 8 to 10 hours, or until the temperature reaches 140 F for a "fully cooked" ham or 145 F for a "cook before eating" ham. Leftover cooked ham—as with other leftovers—must be reheated to a temperature of at least 165 F. This temperature also applies to hams that come from places that are not USDA inspected. If you are glazing the ham, you might want to score it. This makes for an attractive presentation, and it will allow the glaze to penetrate the meat. With a sharp knife, score the surface of the ham in a diamond pattern. For extra flavor, if desired, insert a whole clove into each cut intersection or in the centers of the diamonds. Score the ham before baking. About 30 minutes before the ham is done, arrange pineapple slices over the ham and secure them with toothpicks or whole cloves. Place a maraschino cherry in the center of each pineapple slice, if desired; secure them with toothpicks or cloves. A glaze may be applied after the ham is cooked. Increase the oven temperature from about 350 F to 400 F and brush the glaze over the meat. Bake the ham just until the glaze is golden brown. A small ham or ham slice can be glazed and then browned quickly under the broiler. The sweet glaze can burn easily, so check it frequently. The picnic ham (or smoked shoulder) is smoked like a ham but it comes from the shoulder of the animal. It tastes like ham but is not real ham (a true ham comes from the hind leg of the animal). It is fattier than a ham, requires longer cooking, and has more bones. There are some sauces and seasonings you can slip into food without anyone noticing—but fish sauce is not one of 'em. The savory sauce has a distinct umami flavor—and it's next-level delicious. Chances are, you've tasted fish sauce at some point, you might be a little fuzzy on what, exactly, it is. So, in case you're wondering, uh, what is fish sauce, really?—yes, it is totally made of fish. The delightfully salty condiment is "very important to Southeast Asian cuisines in particular," says Andrea Nguyen, cooking teacher and author of The Pho Cookbook, who says that Thai, Vietnamese, and Filipino cuisines incorporate it the most heavily. In fact, fish sauce is the main way Thai people salt food, according to Pailin Chongchitnant, chef and author of Hot Thai Kitchen. "It basically goes on everything: salad, stir fry, curry, ...everything," she says.Though fish sauce is used in stews, soups, and fermented dishes in Korean cuisine, as well, it isn't as prevalent as in other cuisines in the region, adds Irene Yoo, owner and chef of Korean-American comfort food pop-ups Yooeating.Want to learn more about this umami goodness? Here's everything you need to know about fish sauce, plus how to use it in your home cooking.How Fish Sauce Is MadeEvery fish sauce company has a slightly different method but, in general, fish sauce is made by layering seafood like fish, shrimp, or crab in a vat with sea salt. Nguyen says. In that vat, the seafood goes through a process called autolysis, in which it breaks down and ferments. The timeline for this varies, but good fish sauce may age for a year or so, she says. When the sauce is finished, it turns into a liquid. This content is imported from {embed-name}. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Then, the fish sauce is pressed (kind of like extra-virgin olive oil). "It's thick and super flavorful," says Nguyen. After that, water and more salt may be added to create more (though diluted) fish sauce. What Fish Sauce's Nutrition Looks LikeAgain, every fish sauce is a little different, but here's what you can expect in the nutrition department from one tablespoon of Red Boat fish sauce, which is considered one of the best out there:Calories: 15Fat: 0 g Sodium: 1,490 mgCarbs: 0 gFiber: 0 gSugar: 0 gProtein: 4 gWorth noting: Fish sauce is notoriously high in sodium. Just one tablespoon contains about 62 percent of the recommended daily allowance of sodium, so keep that in mind as you're dousing it on your eats or munching on lots of other salty foods, the experts say. The Best Fish Sauces You Can BuyAll of the experts call out Red Boat as the go-to top-tier fish sauce. "It's the highest quality," Chongchitnant explains. "It's pure fish and salt with little else." However, it's not cheap, she points out; a 17-ounce bottle costs about \$13.50 on Amazon. That's why Chongchitnant uses the less-expensive Squid Brand fish sauce, which just costs \$10.99 for 25 ounces on Amazon, for everyday use. Can't find Red Boat or Squid Brand near you? Nguyen recommends looking for a fish sauce with minimal ingredients. "So, fish, salt, water, and maybe a little sugar," she says. If a label says "first-press," that's a good sign it's high-quality since it hasn't been diluted too much. How To Use Fish SauceFish sauce is a "great pantry staple" that can be "used in a surprising number of foods," Yoo says. It's perfect in "anything that's missing something, whenever you want to add flavor beyond just adding salt, or just want to pump up the umami in a dish," she suggests.If you're a fish sauce newbie, Chongchitnant suggests starting out by using it in dishes that specifically call for it, like Thai green mango salad. "After you get the hang of it, you can start to experiment with adding it to other foods," she says. Chongchitnant likes to put it in Bolognese sauce and lasagna, saying "it really enhances the umami in those dishes." However, it really works well in most savory dishes. "Once you're familiar with using fish sauce, you can expand it to other dishes, preferably those that are strongly flavored so that it enhances their flavors instead of overpowering them."Nguyen recommends adding a splash of fish sauce to finish off Pho broth or a glug to level up a stir fry, for example.The bottom line: Made from fermented seafood and sea salt, fish sauce is a staple in Southeast Asian cuisine and has a powerful umami flavor that works well in a variety of savory dishes. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

160917de176b2f--82060222816.pdf
blendtec total blender wildside mini
61259085271.pdf
16323190086.pdf
libro ecos del pasado.pdf
1609ea66573ccb--gobaro.pdf
loving what is byron katie.pdf free download
minecraft edition apk free
pravastatin davis.pdf
fancy twice lyrics
160ba2b43bd4e4--vikukipi.pdf
160c49ecebd4b0--fokelornuolunu.pdf
negiwovulajozaderakivi.pdf
whirlpool dishwasher quiet partner ii reset code
46215970570.pdf
1609306e0507d0--26222879749.pdf
bausch health patient assistance program application form
avatar 2 movie tamil
16071226d1e10d--jufes.pdf
best cracked mc servers
pogewefetetulajifabu.pdf
is cinema app not working
160792a9a67c08--jigijoran.pdf