



Christmas Ham Recipe

Preparation Time	30
Cooking Time	98
Serving Size	30

Ingredients:

FOR THE CURING

- 2 3/4 cup water
- 1 cup salt
- 1 1/4 cup sugar, white
- 1 tsp prague powder/pink salt

- 4 1/2 kg pork, pigue (whole), with fat, skin removed
- 1 3/4 cup DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)

FOR COOKING

- 1 can DEL MONTE Pineapple Tidbits (822g)
- 1 1/4 cup beer
- 15 pcs cloves
- 3 1/4 cup sugar, brown
- 1 1/4 tsp peppercorn, black
- 7 1/2 pcs bay leaf/laurel leaf
- 1 cup mustard
- 1/2 cup sugar, brown
- 2 Tbsp cornstarch, dissolved in 2 Tbsp stock

FOR THE PLATING

- 1 can DEL MONTE Sliced Pineapple (822g)

Preparation:

1. For Curing: Boil water. Add salt, sugar, and prague powder/pink salt then mix until dissolved. Cool. Strain. Place pork in a bowl. Inject mixture into the meat then massage. Place in a covered plastic container including excess curing mixture. Refrigerate for 4 days, making sure to turn the ham at least 2 times a day.
2. Drain meat. Discard curing mixture. Inject meat with DEL MONTE Pineapple Juice.
3. Place pork in a pan together with all the ingredients for cooking. Bring to a boil and simmer over low heat for 40 minutes, turning once.
4. Preheat oven to 350°F. Drain meat, reserve stock. Coat meat with mustard, pat with brown sugar. Transfer to a roasting pan. Bake for 40 minutes.
5. Bring the stock to a boil. Add dissolved cornstarch and simmer until thick. Serve with ham.
6. To serve, top the ham with pineapple slices. Drizzle sauce on top to make it glossy.

Chef's Tip

Use non-iodized salt in the curing solution. Iodized salt, when used for curing, will leave a metallic after taste to the ham.

Lusog Notes

This festive dish is high in protein which is necessary for growth, development and repair of body tissues. It is also high in calcium that is needed for strong bones and teeth.

Cooking Skills Needed

- Baking
- Boiling
- Simmering

Cooking Tools

- Bowls
- Casserole
- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula