

# Glazed Ham Recipes With Brown Sugar



Glazed ham recipes with brown sugar are a delightful way to elevate any meal, especially during festive occasions like Thanksgiving, Christmas, or family gatherings. The sweet and savory combination of brown sugar glaze complements the rich flavor of ham, creating a dish that is not only delicious but also visually appealing. In this article, we will explore various aspects of preparing glazed ham, including the types of ham to use, the essentials of a brown sugar glaze, and a selection of mouthwatering recipes that will surely impress your guests.

# Types of Ham for Glazing

When it comes to glazed ham recipes with brown sugar, choosing the right type of ham is crucial for achieving the best flavor and texture. Here are a few popular options:

## 1. Bone-In Ham

- Flavor: Bone-in hams are known for their rich flavor, as the bone adds depth to the meat during cooking.
- Texture: They tend to be juicier and more tender than boneless hams.
- Serving: Ideal for large gatherings, bone-in hams can serve a crowd and leave plenty of leftovers.

## 2. Boneless Ham

- Flavor: Boneless hams are typically milder in flavor but can still be delicious when glazed.
- Texture: They are easier to slice and serve, making them a convenient option for smaller gatherings.
- Serving: Perfect for those who prefer a hassle-free experience without compromising on taste.

## 3. Spiral-Sliced Ham

- Flavor: Spiral-sliced hams are pre-sliced, allowing for even cooking and easy serving.
- Texture: The slicing helps the glaze penetrate the meat more effectively.
- Serving: Great for potlucks or holiday meals where ease of serving is a priority.

# The Essentials of a Brown Sugar Glaze

Creating a delicious brown sugar glaze is key to enhancing the flavor of your ham. Here are the essential components you will need:

## 1. Brown Sugar

- Type: Light or dark brown sugar can be used, depending on your flavor preference. Dark brown sugar has a richer molasses flavor.
- Purpose: The sugar caramelizes during cooking, giving the ham a beautiful, glossy finish.

## 2. Mustard

- Types: You can use yellow mustard, Dijon mustard, or honey mustard depending on your desired level of tanginess.

- Purpose: Mustard adds acidity and balance to the sweetness of the brown sugar, enhancing the overall flavor profile.

### 3. Vinegar or Juice

- Options: Apple cider vinegar, balsamic vinegar, or fruit juices like orange or pineapple juice work well.
- Purpose: These ingredients provide a tangy contrast to the sweetness, helping to cut through the richness of the ham.

### 4. Spices

- Common Spices: Ground cloves, cinnamon, and nutmeg can add warmth and complexity to your glaze.
- Purpose: Spices enhance the flavor and aroma of the glaze, making it more aromatic and inviting.

## Classic Brown Sugar Glazed Ham Recipe

Now that you know the essentials, let's dive into a classic brown sugar glazed ham recipe that is sure to impress.

### Ingredients

- 1 fully cooked bone-in ham (about 8-10 pounds)
- 1 cup packed brown sugar (light or dark)
- 1/2 cup honey or maple syrup
- 1/4 cup Dijon mustard
- 1/4 cup apple cider vinegar
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon

### Instructions

1. Preheat the Oven: Preheat your oven to 325°F (163°C).
2. Prepare the Ham: Score the surface of the ham in a diamond pattern, making shallow cuts about 1 inch apart. This allows the glaze to penetrate and caramelize better.
3. Make the Glaze: In a saucepan over medium heat, combine brown sugar, honey (or maple syrup), Dijon mustard, apple cider vinegar, ground cloves, and cinnamon. Stir until the sugar dissolves and the mixture is smooth.
4. Glaze the Ham: Place the ham in a roasting pan and brush half of the glaze over the surface.
5. Bake: Cover the ham loosely with aluminum foil and bake for about 1.5 to 2 hours, basting every 30 minutes with the remaining glaze.
6. Finish: Remove the foil for the last 30 minutes of cooking to allow the glaze to

caramelize. The internal temperature should reach 140°F (60°C).

7. Serve: Let the ham rest for 15 minutes before slicing. Serve warm with your favorite side dishes.

## Variations on Brown Sugar Glazed Ham

While the classic recipe is a crowd-pleaser, there are numerous variations you can explore to personalize your dish:

### 1. Pineapple Brown Sugar Glaze

- Ingredients: Add 1 cup of crushed pineapple (drained) to the glaze recipe.
- Flavor Profile: The pineapple adds sweetness and acidity, creating a tropical twist.

### 2. Spicy Brown Sugar Glaze

- Ingredients: Incorporate 1-2 tablespoons of crushed red pepper flakes or cayenne pepper into the glaze.
- Flavor Profile: This variation adds a spicy kick, perfectly balancing the sweetness.

### 3. Maple Brown Sugar Glaze

- Ingredients: Replace honey with pure maple syrup for a unique flavor.
- Flavor Profile: Maple syrup adds a rich, earthy sweetness that complements the ham beautifully.

### 4. Bourbon Brown Sugar Glaze

- Ingredients: Add 1/4 cup of bourbon to the glaze.
- Flavor Profile: The bourbon infuses a warm, smoky flavor that enhances the overall taste.

## Serving Suggestions for Glazed Ham

Once your glazed ham is ready, consider these serving suggestions to create a complete meal:

### 1. Side Dishes

- Roasted Vegetables: Carrots, Brussels sprouts, and sweet potatoes pair well with the sweet glaze.
- Mashed Potatoes: Creamy mashed potatoes provide a comforting side that complements the ham.

- Green Bean Casserole: This classic dish adds a crunchy texture and earthy flavor.

## **2. Bread Options**

- Dinner Rolls: Soft and fluffy rolls are perfect for soaking up any leftover glaze.
- Cornbread: A slightly sweet cornbread can enhance the overall meal experience.

## **3. Sauces and Condiments**

- Chutney: A fruity chutney can add an extra layer of flavor.
- Mustard: Offer a selection of mustards for guests who enjoy a tangy kick.

## **Conclusion**

In summary, glazed ham recipes with brown sugar are not just delicious but also versatile. With the right ingredients and techniques, you can create a stunning centerpiece for any meal. Whether you opt for the classic recipe or explore exciting variations, the combination of sweet and savory flavors is bound to impress your family and friends. So fire up your oven, gather your ingredients, and get ready to create a memorable dish that will be the highlight of your next gathering!

## **Frequently Asked Questions**

### **What are the key ingredients for a brown sugar glazed ham recipe?**

The key ingredients for a brown sugar glazed ham recipe typically include a fully cooked ham, brown sugar, honey or maple syrup, Dijon mustard, and spices like cloves or cinnamon.

### **How do you prepare a brown sugar glaze for ham?**

To prepare a brown sugar glaze, mix brown sugar with honey or maple syrup, Dijon mustard, and any desired spices in a saucepan over medium heat until smooth and well combined.

### **What type of ham is best for a brown sugar glaze?**

The best types of ham for a brown sugar glaze are bone-in, fully cooked hams such as spiral-cut hams or picnic hams, as they provide more flavor and moisture.

### **Can I use light brown sugar instead of dark brown sugar**

## **in glazed ham recipes?**

Yes, you can use light brown sugar instead of dark brown sugar in glazed ham recipes, but dark brown sugar will give a richer flavor due to its higher molasses content.

## **How long should I bake a ham with a brown sugar glaze?**

Bake a ham with a brown sugar glaze at 325°F (163°C) for about 15-18 minutes per pound, basting with the glaze every 20-30 minutes, until heated through.

## **Can I prepare the brown sugar glaze in advance?**

Yes, you can prepare the brown sugar glaze in advance and store it in the refrigerator for up to a week. Just reheat it before using.

## **What sides pair well with brown sugar glazed ham?**

Sides that pair well with brown sugar glazed ham include roasted vegetables, mashed potatoes, green beans, and sweet potato casserole.

## **How do I store leftover brown sugar glazed ham?**

Store leftover brown sugar glazed ham in an airtight container in the refrigerator for up to 5-7 days, or freeze it for longer storage.

## **Can I add fruit to my brown sugar glaze?**

Yes, you can add fruits like pineapple, apricots, or cherries to your brown sugar glaze for added flavor and a touch of sweetness.

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