

Betty's Brown Sugar Glazed Ham Recipe



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In this video, Betty demonstrates a Brown Sugar Glazed Ham recipe, dating back to her college days (in the '60's). Being a starving student, Betty almost always had breakfast, lunch, and dinner at the university cafeteria. One item that was served repeatedly was Glazed Ham. Betty (using her ever-analyzing food talents) created the following recipe as an imitation of the ham served in the cafeteria, and she has continued to make it throughout her 39 (almost 40!) years of marriage.

Ingredients:

- 1 canned ham (I used Hormel brand, 5 pounds. You may use any brand, and reduce it to 3 pounds, if desired.)
- 1 cup brown sugar, firmly packed
- 2 tablespoons prepared mustard
- 1 teaspoon orange juice (You may use another flavor of juice or a juice drink.)

Remove the canned ham from the container and place in a crock pot on low for 6 to 8 hours. You may need to cut it into two pieces to get it to fit in the crock pot. When you are ready to put your Brown Sugar Glazed Ham recipe together, remove the ham from the crock pot, and place it on a tray for slicing. Use a kitchen knife, slicer, or electric knife to slice the ham into equal pieces. You may decide to leave some of the ham unglazed for guests who prefer to skip the brown sugar flavor. In a small bowl, mix 1 cup of firmly packed brown sugar with 2 tablespoons of prepared mustard. Use about 1 teaspoon of orange juice to get them to combine. Now spread the tops and bottoms of your sliced ham and place them in an appropriately-sized baking dish for the amount of ham you are glazing. (I glazed 6 slices with this amount of glaze, but they were very generously glazed, and it would have worked for up to 12 slices.) Bake at 350 degrees for anywhere from 10 to 20 minutes, depending on how thick you like the glaze. (It will become bubbly while in the oven.) I cooked my ham slices for 12 minutes, but they could have stayed in the oven longer. Remove your ham slices from the baking dish and arrange them in a pretty way on a platter. Pour any leftover glaze from the baking dish over your sliced ham on the platter. This is a terrific dish that is easy, impressive, and great tasting!