

Maple and Clover Honey Glazed Ham

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Gather round the table! The holidays are the perfect time to show off your culinary skills, so why not make your main dish a Minnesota Grown masterpiece? Minnesota maple syrup and clover honey make the perfect glaze for a ham from one of our Minnesota Grown pork producers.

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Ingredients:

- 1 cup brown sugar
- 1 cup maple syrup
- 1 cup clover honey
- 1 teaspoon allspice
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 teaspoon ground mustard

Directions:

1. Cook ham according to package directions
2. Mix together all ingredients listed above for the glaze.
3. Brush glaze on ham when 30 minutes of cooking time remains.
4. Continue baking ham uncovered until cooked through.

Enjoy!

Recipe courtesy of Food.com



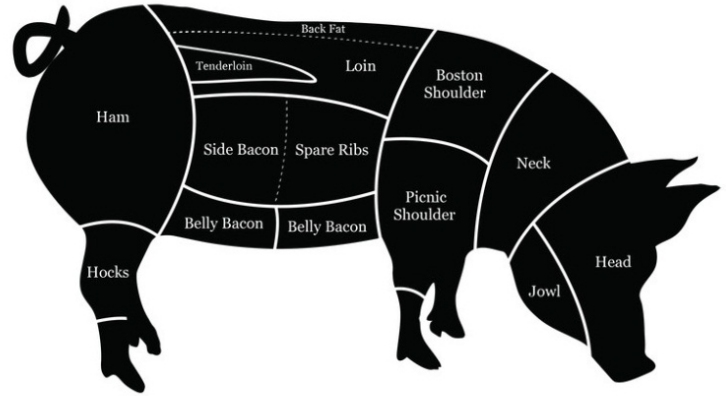
Wondering how to purchase pork in bulk? Let us help make it easy!

How many meals come from one pig?

An average market hog represents 371 servings of pork! Of course it varies depending on age and breed of the animal, but the net total amount of pork in a whole hog is usually 210 pounds. When determining how much space you will need in your freezer it is a rule of thumb to consider one cubic foot of freezer space for each 35-40 pounds of cut and wrapped meat. So, a 3.5 cu. ft. freezer should easily hold half-a-hog and a 5 cu. ft. freezer should hold a whole hog. To help you visualize, the inside of a milk crate is about 1 cu. ft. Remember, when you get meat directly from a processor, it is not wrapped with a Styrofoam tray, but is either wrapped in waxed butcher paper or cryovac packaged so it takes up a lot less space. It is typically cheaper to order your meat by the whole or half hog than by the cut.

Can I get a half or whole hog cut how I want?

Yes. After your hog has been delivered to the processor, it is often the consumer's responsibility to call and give "cutting instructions". Many Minnesota Grown producers are happy to help but you are able to decide how you want your chops cut, your sausages packed and a variety of other options. For additional help, see the pork cut diagram from the Minnesota Pork Board to the right.



How can I purchase pork direct from a Minnesota Grown producer?

- 1.) Decide on the amount of meat you are interested in. Some producers sell retail cuts directly from their farm or at a local farmers market, but each producer can be different in the way they handle orders. Other producers and processors market livestock as: whole animals, half, quarters, sides, or sometimes even smaller fractions of the animal.
- 2.) Make a connection with a local pork producer near you that sells direct to their consumers. Visit the [Minnesota Grown online Directory](#) to find a producer based on town, zip code, or by browsing the map! Buying local meat offers a unique opportunity to build connections to both the farmer and farm.
- 3.) Chat with the local producer about their offerings. Each producer will handle direct sales differently, so don't be afraid to reach out and ask the producer what their quantity options are. It is important to be comfortable with your producer and processor of choice- go ahead and ask questions, this is the beauty of working one on one with your farmer!
- 4.) Bring home your locally raised pork and enjoy! If it's your first time preparing pork, pick a cut of meat you are familiar preparing.

Cooking Tips:

For best results, use a meat thermometer. This will help ensure your meat is safely cooked, without over cooking. Instant-read food thermometers are great for checking the internal temperature. Insert the thermometer into the thickest part of the meat without touching any bone. The temperature should register within a few seconds. Remember, instant-read food thermometers are not meant to be left in meat while cooking.

Pork can be safely cooked to medium rare at a final internal cooked temperature of 145 degrees F. as measured on a food thermometer, followed by a three-minute rest time. Ground pork, like all ground meats, should be cooked to 160 degrees F.

For more information on cooking methods and for a list of delicious, Minnesota Grown approved recipes visit the [Minnesota Pork Board](#) website.