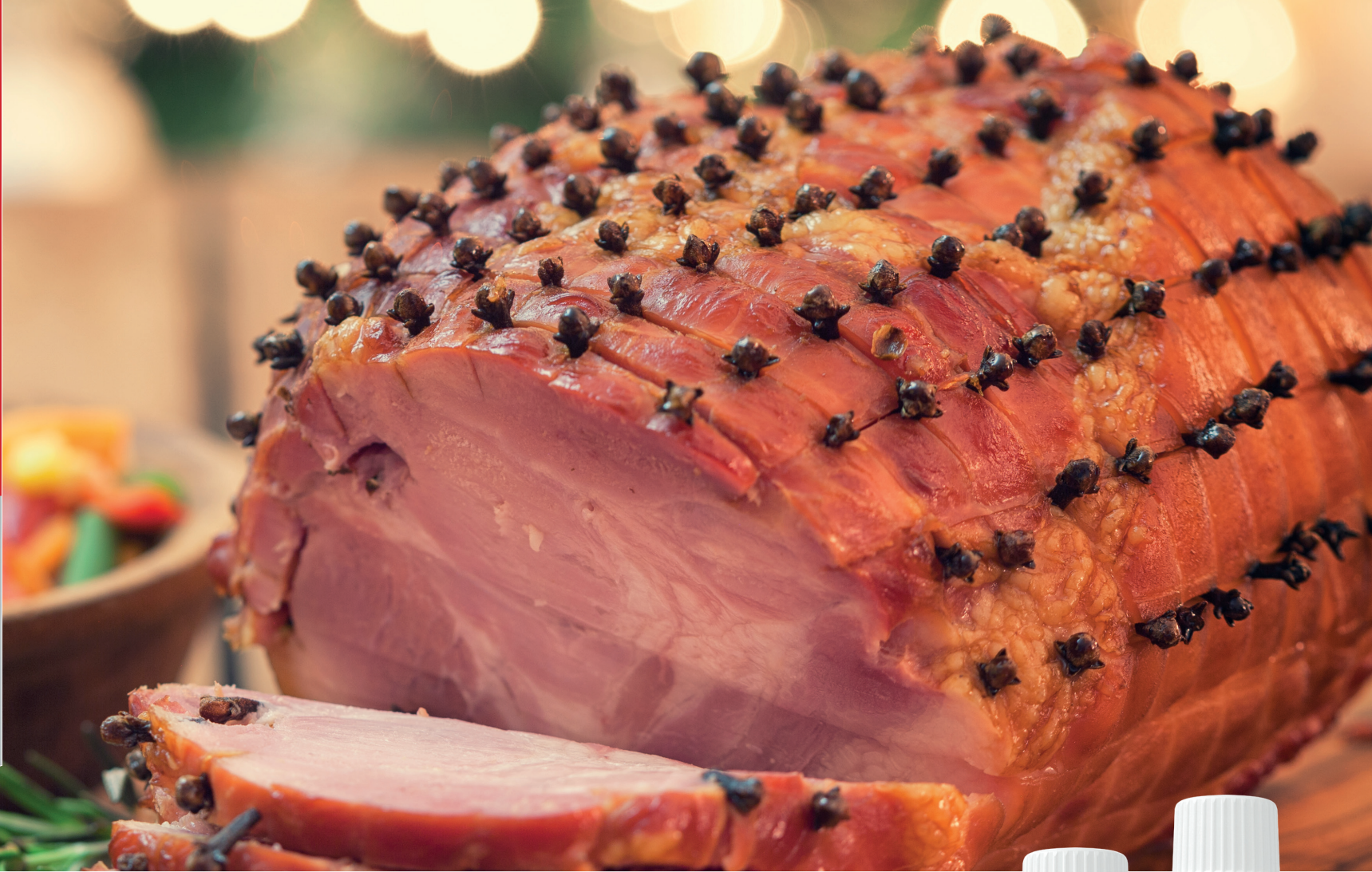




CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



CHRISTMAS BAKED HAM WITH ORANGE & NINGXIA RED



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PREP TIME 25 minutes

SERVES 8 - 10

BAKING TIME 3 hours

A NOTE FROM CHEF KATE

“This ham recipe is perfect for the holidays – and the flavours are amazing. It’s also great for a Sunday dinner, and the leftovers are delicious in sandwiches and egg dishes. Try adding some of the ham to a frittata to serve for brunch the next day.”

INGREDIENTS

- 1 Full leg ham
- ½ cup Marmalade
- ½ cup Honey or Young Living Blue Agave
- 60 ml NingXia Red® (reserve 30 ml)
- 150 g Butter or coconut oil
- ½ tsp. Ground cloves
- ½ tsp. Orange zest
- 3-6 drops. Young Living Orange essential oil
- 3 drops Young Living Black Pepper essential oil
- Whole cloves for decorating the ham (optional)



METHOD

1. Preheat the oven to 180°C. Prepare a large roasting pan by lining with baking paper and rubbing with butter or coconut oil.
2. Remove the ham from packaging and pat dry with paper towels. On the shank end of the ham leg, cut the rind in a zigzag pattern lightly through the skin. Carefully remove the rind from the fat end of the leg. Slide your hand under the rind, leaving the fat intact on the meat. This leaves a nice rough surface on the fat which will hold the glaze. Start at the big end, run your hands under the skin to separate it from the fat and remove the skin.
3. Score the fat in a diamond pattern. Make sure to score into the fat lightly and not into the meat. Place the ham in the prepared roasting pan.
4. In a medium-sized saucepan, heat marmalade, honey (or Blue Agave), 30 ml NingXia Red®, butter (or coconut oil), ground cloves, orange zest, 3 drops of Black Pepper essential oil and 3 drops of Orange essential oil on medium high heat. Stir until the ingredients blend together and the butter is melted, then remove from heat.
5. Using a pastry brush, coat the ham well with the glaze. Use the leftover glaze for basting the ham while it is cooking. Arrange the whole cloves in a pattern about 7.5 – 10 cm apart, sticking them right into the ham.
6. Place the ham in the oven, then bake for 20 - 30 minutes or until heated through and the edges are crispy and golden brown. If the ham browns too quickly, cover the ham with a sheet of baking paper until heated through.
7. Then, reduce the oven temperature to 160°C and cook for a further 2 ½ hours. Baste the ham frequently during cooking - every 15 minutes or so if you can. Allow to rest before carving. Finish with culinary essential oils, then serve and enjoy.

FINISH WITH CULINARY ESSENTIAL OILS: Finish with Orange essential oil to add a fresh burst of flavour and vitality. Place the reserved 30 ml NingXia Red® or melted butter in a small bowl, then add remaining 2 – 3 drops of Orange essential oil and brush over the ham.

