



April 1, 2015

## Classic Easter ham sure to please

Chances are that the very first Easters were celebrated with lamb, since that was the staple meat in the Middle East at that time. But in North America, it's more likely we will be serving a ham with our family dinner.

While ham is the popular choice on most North Americans Easter dinner plates, its preparation has varied over time. From glazing with succulent citrus to roasting with fresh rosemary and thyme, it's no wonder why a glossy leg of pork is a family favourite to serve at Easter and other special occasions. This recipe is a version of a classic glazed ham with maple syrup and fruit.

This ham is a pretty big chunk of meat, and no doubt you will be left with some leftovers. Those scraps and the ham bone can be resurrected as this Herbed Split Pea Soup. Hearty, nutritious and delicious, it's even better the day after you make it!

To learn more about preparing ham, visit our website, for our "All About Ham" guide.

--

### MAPLE GLAZED HAM

7 1/2 lb (3.5 kg) bone-in ham or smoked pork picnic shoulder  
1/4 cup (50 mL) maple syrup  
1 cup (250 mL) packed dark brown sugar  
1/4 cup (50 mL) apple juice  
2 tbsp (25 mL) maple syrup  
1 tsp (5 mL) dry mustard  
1/4 tsp (1 mL) cloves  
2 cups (500 mL) raisins

Place ham in a large stockpot. Cover ham with cold water. Cover and refrigerate for 8 hours or overnight. Drain; add 6 cups (1.5 L) fresh cold water and 1/4 cup (50 mL) syrup. Bring to a boil; reduce heat, cover and simmer for 1 1/2 - 2 hours. Remove ham from cooking liquid and place on a cutting board. Reserve 1 cup (250 mL) cooking liquid and discard remainder. Leaving a thin layer of fat, trim rind and excess fat from ham. Score fat in a criss-cross pattern, if desired. Place ham in a roasting pan. Stir together next 5 ingredients (brown sugar through cloves) and spoon over ham. Add raisins and reserved cooking liquid to roasting pan. Bake at 350°F (180°C) for 40 - 45 minutes, basting occasionally, until ham is glazed and pan sauce is bubbling. Let ham stand 15 minutes before carving. Serve with pan sauce. Serves 8 - 10.

## HERBED SPLIT PEA SOUP

2 cups (500 mL) split peas, rinsed and drained  
8 cups (2 L) chicken stock or water  
1 meaty ham bone  
1 medium onion, chopped  
2 cups (500 mL) diced potatoes  
1 cup (250 mL) chopped carrots  
2 cloves garlic, chopped  
1/2 tsp (2 mL) rosemary, crumbled  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
1/4 tsp (1 mL) savory, crumbled  
1/4 tsp (1 mL) thyme, crumbled  
1/8 tsp (0.5 mL) cayenne pepper  
1 bay leaf

Combine all ingredients in a Dutch oven and bring to a boil; skim off foam. Reduce heat and simmer, covered, for 1 1/2 hours, stirring occasionally. Remove bay leaf and ham bone. Remove meat from bone and chop; set aside. Puree soup in batches in a blender. Return soup to Dutch oven and stir in ham. Heat to serving temperature. May be frozen for up to 1 month. Serves 6.

Cook's Note: This soup is even better made a day ahead so the flavours can mellow overnight in the refrigerator.