

Smithfield Ham Recipe

(For Twei)

Ingredients:

One 1.1 kg slab Smithfield ham, cross-cut to include skin and center bone,
about 2 inches thick
8 liters cold water
125 g sugarcane sugar or dark brown sugar

Method:

Under warm running water, with a stiff brush, remove the black pepper coating of the Smithfield ham. Soak in 4 liters cold water overnight. In a large pot, place 4 liters cold water and the ham and bring to a boil over high heat. Lower the heat and simmer for 1 hour. Turn off the heat, drain the water from the pot, then refill the pot with ice water to cover the ham. Allow to cool for 30 minutes. Remove the ham from the water, dry with paper towels, and place in a round cake pan. Break up the sugarcane sugar and place it under, atop, and around the ham. Place the cake pan in a steamer and steam for 1 hour, turning the ham over after 30 minutes. Baste the ham with liquid 4 to 5 times during steaming. Turn off the heat. Remove the ham from the steamer and allow to cool. The ham is now ready for use. It can be eaten as it is. For recipes that call for Yunnan or Jinhua ham, this is perfect. Once cooked, the ham will keep, in a closed container and refrigerated, for up to 10 days.

Note: If the piece of ham you buy is smaller than that specified, or has been boned and trimmed, you need boil it for only 20 minutes to remove the salt. Continue the process from the point of placing it in ice water and steam with 1 tablespoon brown sugar for 15 to 20 minutes.

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