

Deviled Ham – If you get one of the loss-leader hams from the supermarket during the holiday and you have a lot trimmings or irregular pieces left over, this recipe makes a nice spread for crackers or crusty bread. My grandchildren love it!

U.S.	Ingredient	Metric
2¼ lbs.	Ham trim, cooked	1000.0 g
½ cup	Rendered ham fat*	125.0 ml
2 tsp.	Peppercorns, white	4.0 g
¾ tsp.	Mustard seed	2.0 g
¼ tsp.	Clove, ground	0.5 g
¼ tsp.	Nutmeg, grated	0.5 g
½ tsp.	Paprika	1.0 g
¼ tsp.	Citric acid	1.0 g

2 ½ lb. ← Totals → 1.1 Kg

*Reserved from a cooked ham; you can use clarified butter to make up for any differences in amount of ham fat.



Preparation:

1. Grind the ham trimmings through the fine plate of your grinder. The trimmings should be approximately 60% meat and 40% fat.
2. Add all the dry ingredients to a spice grinder and pulverize to a fine dust.
3. Mix them with the ground ham trimmings, stirring them in well.
4. Add the rendered fat drippings and work into the meat mixture.
5. Pack mixture into a ceramic or glass baking dish and slow cook at 230°F (110°C) for 3 hours; the trick here is slow cooking to tenderize the ham and render the remaining fat.
6. Pack the cooked ham into sterile canning jars and store in the refrigerator; or, you may pressure cook and vacuum seal after jarring if you **use an approved safety method for canning meats.**

This recipe makes about 4 cups of deviled ham spread.

Len Poli – July 4, 2003
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