

# Sugar Ham

*Serves 8*

## **Ingredients:**

6 lb. fresh ham roast or fresh ham steak

$\frac{3}{4}$  - 1  $\frac{1}{2}$  cups brown sugar

$\frac{1}{4}$  cup mustard

$\frac{1}{4}$  cup water

## **Sauce:**

3 cups sugar (we use org. evap. cane juice)

1 cup of water

1 TBSP cinnamon

$\frac{1}{4}$  cup raisins (optional)

$\frac{1}{4}$  cup sherry (optional)

## **Directions:**

Put ham in stockpot and cover with water. Cover; boil until cooked and tender. Remove ham from water, and place in a large glass casserole dish. Cover the ham in the brown sugar. Mix mustard and  $\frac{1}{4}$  cup water together and pour over ham. Bake in 425° F oven for 15 minutes.

## **To make sauce:**

Mix sugar and 1 cup water in a pot and let come to a boil. Add the cinnamon, cook and stir till well blended. If desired, add raisins to sauce. Let cool. When cooled, add sherry, if desired, to sauce.

If using a fresh ham roast, slice it in  $\frac{1}{4}$  inch slices when it comes out of the oven. Pour sauce over baked ham and heat in the oven at 350° F until sauce bubbles up; serve.

The recipe we used said that best results are obtained when the ham is allowed to cool for 24 hours before serving. If you let it cool in refrigerator, than pour sauce over ham and heat right before serving.

*Adapted from, "Adventures in Cooking and the Art of Carving in the Home," A Duncan Hines Book, 1939 edition*

# Honey- Thyme Ham

Serves 6-8

## **Ingredients:**

4 lb. fresh ham roast or fresh ham steak  
1/3 cup honey  
1/4 tsp. salt  
2 pinches nutmeg  
1/4 tsp. onion powder  
1/4 tsp. garlic powder  
1/2 tsp. thyme  
pepper  
1/2 cup water  
1 medium onion, sliced

## **Directions:**

Place ham in an airtight plastic bag. Mix together honey, herbs, and spices and rub into the roast. Let marinate in the fridge overnight. In the morning, place roast in slow cooker, cover in sliced onion, and pour 1/2 c. water on top. Cook on low for about 6 hours or till done. Enjoy!

Goes well with mashed potatoes, biscuits, roasted sweet potatoes & carrots, and oatmeal raisin cookies. :)

*Adapted from Polyface Farm Recipes.com, Submitted by Kristen Long (Polyface Farm)*

# Barbecued Backbone

Serves 6

## **Ingredients:**

4 lb. pork backbone or spareribs  
1 c. sliced onions  
1 c. ketchup  
1 c. water  
2 tsp. salt  
2 TBSP Worcestershire sauce  
1/4 c. vinegar  
1/4 c. brown sugar  
2 tsp. dry mustard

## **Directions:**

Arrange separated ribs or backbone in shallow pan. Mix remaining ingredients in a small pot and simmer until onions are tender. Pour sauce over meat. Cover and bake at 350° F for 1 1/2 - 2 hours, or until meat is done and tender.

*Adapted from Cooks.com*

# Backbones & Rice Casserole

*Serves 8- 10*

## **Ingredients:**

3 lb. pork backbone  
1 c. chopped onion  
½ c. (1 stick) butter  
1 teaspoon red chili pepper, or to taste  
1 teaspoon ground black pepper  
2 tsp. garlic powder  
3 bay leaves  
1 ½ tsp. salt, or to taste  
9 c. chicken broth or water  
3 c. brown rice  
½ c. chopped green onions (optional)  
sliced or shredded cheddar cheese to top

## **Directions:**

Sauté onion, butter and seasonings. In a stockpot combine backbones, and sautéed onion mixture. Add the chicken broth or water. Bring to a boil, cover, and cook at a low boil for 1- 2 hours or till meat is cooked, but not falling off the bone yet. Add the rice to the pot and return to a boil, stirring well. Boil for 10 minutes, then reduce heat, add green onions (optional) and cover. Simmer for 1 hour or until rice is done and meat is falling off the bone. Remove bay leaves. Put backbones and rice in a 13x9 casserole, removing all the bones that you can. Put sliced or shredded cheddar cheese on top, bake at 350° F until cheese melts, and serve.

*Adapted from food Network.com, Recipe courtesy Paula Deen*

# Bigos (Pork Backbone)

(traditional Polish recipe)

*Serves about 4*

## **Ingredients:**

Handful of dried sliced mushrooms (stronger the flavor, the better)  
couple TBSP of olive oil  
1 lb sauerkraut (homemade, or from jar or plastic bag - not canned)  
½ - 1 lb pork backbone or ribs (something fatty with bones)  
1 sliced large onion  
couple black peppercorns  
Thousand Island dressing

## **Directions:**

Soak dried mushrooms for several hours or overnight covered in water. Heat olive oil in large pot. Stir sliced onions into the oil, let soften. Add sauerkraut and meat to pot. Stir in mushrooms and soaking water. Bring to a boil; turn heat down, and simmer, stirring occasionally, for at least an hour until meat is tender and falling off the bones. Serve and eat now, or let sit in refrigerator overnight or longer - the longer this sits, the better the flavor. Serve with Thousand Island dressing as a topping.

Goes well with whole potatoes or really good, thick rye or pumpernickel.

*Adapted from Polyface Farm Recipes.Com, submitted by Eva G.*

# Gram's Stuffing

## **Ingredients:**

1 lb sausage  
1 cup chopped onion  
1 cup chopped celery  
1 cup (2 sticks) butter  
14 oz. bag stuffing (seasoned croutons)  
poultry seasoning (if desired)

## **Directions:**

Cook sausage. In a small pot, sauté onion and celery in butter. In a 13x9 baking pan, mix cooked sausage, sautéed vegetables & butter, and stuffing. Sprinkle with poultry seasoning, if desired. Add a small amount of water to make stuffing soft. Cook covered in 350° F oven for 1 hour. Enjoy!

## Brine for Uncured Bacon

### Ingredients:

- 1 lb uncured bacon
- 1 ½ TBSP sea salt
- 1 TBSP maple syrup
- 2 TBSP brown sugar

### Directions:

Fill baking dish half full with water. Add 1 ½ TBSP sea salt, 1 TBSP maple syrup, and 2 TBSP brown sugar. Stir to dissolve. Put a pound of bacon in dish. Let soak 24 to 72 hours in refrigerator. We did ours for 36 hours and it was very flavorful. The longer you let it sit the more flavorful it is. Then take bacon out and fry it in a pan on the stove. Enjoy!

## Yummy Barbecue

### Ingredients:

- Pork Picnic or Boston Butt
- Barbecue sauce

### Directions:

Place the roast in a slow cooker and add 1/2- 1 cup of water. Cook on low for 6-8 hours or until the meat is cooked and tender. Strain the liquid into a measuring cup and put aside. Pull apart pork and remove bones. Add barbecue sauce and some of the reserved liquid (you want enough liquid to make the barbecue moist, but you don't want it to be swimming). Continue to cook on low for 1-2 hours or until barbecue is thoroughly warmed.

# Sausage Meatballs

Sausage meatballs make a great appetizer for all your holiday parties! They are easy to make and will be sure to delight your friends.

## **Ingredients:**

1 egg  
1 pound thawed Italian sausage  
1/4 cup finely chopped onion

## **Directions:**

In a bowl, beat egg. Mix in sausage and onion. Shape meat mixture into 1 inch meatballs. Place meatballs on a rimmed cookie sheet; broil until lightly browned. Place cooked meatballs in a saucepan or slow cooker with sauce of your choice (see below for ideas). Heat thoroughly and serve. (Makes about 10 servings)

### *Sauce for Italian Meatballs*

about 2 jars of spaghetti sauce  
This is the easiest way to have your meatballs!

### *Sauce for Swedish Meatballs*

2 TBSP butter  
2 TBSP white flour  
2 cubes beef bouillon  
1/8 tsp. pepper  
2 cups milk

Melt butter in saucepan. Stir in flour, bouillon, and pepper, and heat one minute. Add milk. Cook and stir until thickened and bubbly. Add cooked meatballs and heat well.

*Adapted from Better Homes and Gardens New Cookbook*