



Glazed Ham

(Adapted from a recipe appearing in "The Original 1896 Fanny Farmer Cook Book.")

Yield: 8 servings (about 2 tablespoons each)

Ingredients:

2 teaspoons butter
1/3 cup currant jelly
1/4 cup cooking sherry
1/8 teaspoon ground mustard
dash hot pepper sauce
1 cup ground ham

Procedure:

In a small saucepan, melt butter and jelly and then add sherry, mustard, pepper sauce and ham. Bring mixture to a simmer and cook for about 10 minutes. Transfer to a chafing dish and serve by allowing guests to spoon mixture onto crackers or toast points.

about
80 calories and
2.6 grams of fat
per serving

Pork is rich in the minerals iron and zinc and especially plentiful in thiamin (vitamin B-1), which helps our bodies release the energy from food.