

Virginia Baked Ham

A “Virginia ham” is known for its sweet flavour, and is traditionally cured then smoked over apple and hickory wood fires. Historically, and up to the present, many households bake a Virginia ham with a sweet glaze for their holiday dinners, and not just in Virginia! This take on the Virginia baked ham comes from the Second World War era and was featured in the “Victory Cook Book” published by the Women’s Association of the Knox Presbyterian Church in Woodstock, Ontario.

The recipe is for one serving:

1 slice ham—1 inch thick (use Applewood smoked half ham for best results)

1/2 teaspoon salt

1 level tablespoon dry mustard

1 level tablespoon flour

1 level tablespoon brown sugar

1/2 cup vinegar

1/2 cup water

- Preheat your oven to 400 degrees Fahrenheit.
- Take a slice approximately one inch thick off the half ham.
- In a medium size bowl, mix the salt, dry mustard, flour and brown sugar together until incorporated.
- Spread the mixed ingredients over the slice of ham, covering both sides.
- Place the coated ham slice in a baking dish and pour the vinegar and water mixture around the ham.
- Bake in a quick oven (45 minutes). Baste well with liquid from around the meat (approx. every 15 minutes)

Recipe credit: *Victory Cook Book*. Knox Presbyterian Church, Woodstock, Ontario. – circa 1940s.

