

Glazed Ham Steak



I think it was supposed to be Dorothy Parker who said that the definition of *eternity* is two people and a whole ham. A whole ham is a great, economical way to feed a crowd of people, but for two people, it's way too much of a commitment. I've foolishly attempted to buy a whole ham and cook it up for the two of us, and by day four, my imagination on how to eat it for another meal has completely unraveled, and I've begun looking for ways to get rid of it.

That's why the ham steak was invented, I think. It's enough ham for one or two meals, and then you're done. Pick a hamsteak that looks like it used to be part of a pig. If it has a bone in it, all the better. The overly pink and round ones are mystery meat, and have a way too spongy consistency. Once you have them, here's a good way to make it, and you probably have all the ingredients on hand.

¼c maple syrup

1T dijon mustard

1T cider vinegar

Mix all of these things in a bowl and brush one side of the ham slice, and put it in a frying pan over medium heat. Brush the upside while the bottom side sizzles a bit. Turn it over every few minutes, and brush the thickening run off back onto the steak. Watch the heat, because maple syrup is just sugar, and it can burn pretty quickly.