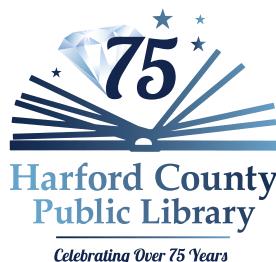




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ST. MARY'S COUNTY STUFFED HAM

SERVES 6-8, WITH SOME LEFTOVER

Stuffed ham is a grand culinary tradition of southern Maryland. And no one did it better than the late William Taylor, The Dinner Designer of Hollywood, Maryland. Here is his recipe, and detailed instructions, for the perfect stuffed ham. If a corned ham is not available from the butcher (as detailed below), substitute a fresh ham (pork). A fresh ham is the same cut of meat as a corned ham, only the latter has been cured in a brining solution.

Stuffed ham is served cold and sliced very thin; however, ham slices may be placed on small biscuits or rolls, slathered with mayonnaise, and then heated very slightly in a moderate oven. Because this recipe makes such a large quantity, it is best suited for a well-attended party or large family gathering.

INGREDIENTS

- 2 to 2 ½ pounds of kale, thick stems removed
- ½ medium cabbages, cored and cut into wedges
- 3 bunches of wild field cress, if possible, or watercress, tough stems removed
- 3 bunches of green onions
- 4 stalks of celery
- 2 tablespoons salt
- 1 ounce mustard seed
- 1 tablespoon crushed red pepper
- 1 corned, brined, or fresh boneless pork roast (3 to 4 pounds), fat removed, and tied
- 1 clean, large white cotton T-shirt or cheesecloth
- Bunches of watercress and sliced ripe tomatoes, for garnish

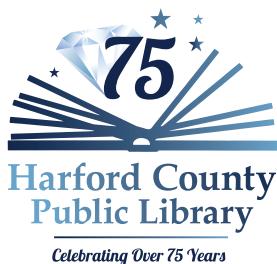
DIRECTIONS

- 1 | Clean and coarsely grind or chop all the vegetables. Put them in a large deep bowl and work in the salt, mustard seed, and red pepper with your hands. Place the pork roast on a large baking sheet or tray with an edge. With a boning knife, cut deep half-moon slits in the ham. Starting at the one end, make a row with 4 slits, about 2 inches apart, across the ham. Move about 2 inches down and make a second row across with 3 slits, making sure the slits are not parallel to the first row. The following row below will have 4 slits, and the next row 3 and, if room, a final row with 4 slits. It will create a checkerboard effect. With your fingers, poke some of the vegetables into the holes, filling them. Turn the roast over and repeat the process of cutting the slits and filling them.

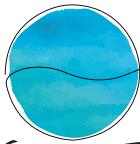
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Our Common Table
NEW CHESAPEAKE
KITCHEN
with John Shields

ST. MARY'S COUNTY STUFFED HAM (CONT.)

DIRECTIONS

- 2 |** Spread out the T-shirt or cheesecloth on a clean tray. With scissors cut it up the front and lay it open. Spread half of the remaining vegetables on the T-shirt and place the stuffed ham on the vegetables. Pack the rest of the vegetables over the top of the ham. Bring up the T-shirt over the ham, stretching it. Tie the ham round and round with strong twine, adding a loop for lifting.
- 3 |** Put a small rack in the bottom of a deep canning kettle and half fill the kettle with cold water. Put in the pork roast and add additional water to cover. Put a lid on the kettle and bring to a boil. Lower the heat and simmer slowly for 2 hours. After 2 hours, remove from the heat and take the lid off the kettle. Leave the ham in the pot liquor until cooled to room temperature.
- 4 |** Refrigerate for 1 day. To serve, cut away the T-shirt or cheesecloth and lift the roast onto a large platter. Scoop up any vegetables remaining on the shirt and pat them all over the top of the roast and around the edges. Decorate the platter with watercress and tomatoes. Carve the pork into thin slices, exposing the green veining. Serve cold or slightly warm with the extra greens.

Cont.



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ST. MARY'S COUNTY STUFFED HAM (CONT.) TO CORN A HAM

INGREDIENTS

1 (8-10-lb.) fresh shank-end ham,
(or a 3 pound pork roast) rinsed and
dried

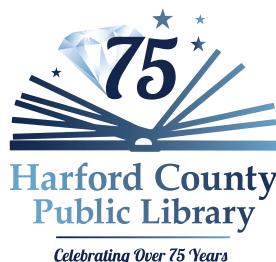
¼ cup kosher salt

DIRECTIONS

- 1** Insert a knife into either end of the ham or pork roast, making 3"-deep incisions in each end. Fill the incisions and rub the outside of the meat with salt. Collect and reserve any salt that doesn't cling to the meat; store in a container in the refrigerator. Place ham or roast in a nonreactive pan and cover with plastic wrap, then aluminum foil; let chill.
- 2** Turn ham or roast every 1–2 days, re-rubbing with remaining salt, for 7 days. (Pour off any juice that collects in the pan.) Wash the ham or roast under cold running water; be sure to flush out the salted incisions. Transfer ham or pork roast to a large, clean container and cover with cold water; let chill overnight. Drain.



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INDIAN PUDDING

SERVES 6-8

Early colonists brought with them to America a fondness for British “hasty pudding,” a dish made by boiling wheat flour in water or milk until it thickened into porridge. Since wheat flour was scarce in the New World, settlers adapted by using native cornmeal, dubbed “Indian flour,” and flavoring the resulting mush to be either sweet (with maple syrup or molasses) or savory (with drippings or salted meat). In time, Indian pudding evolved into a dish that was resoundingly sweet, with lots of molasses and additional ingredients such as butter, cinnamon, ginger, eggs, and sometimes even raisins or nuts. Recipes for Indian pudding began appearing in cookery books in the late 1700’s.

INGREDIENTS

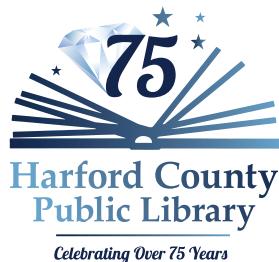
4 cups whole milk
½ cup cornmeal
½ cup molasses
¼ cup pure maple syrup
2 tablespoons unsalted butter, softened, plus more for baking dish
2 large eggs, beaten
1 teaspoon table salt
2 teaspoons granulated sugar
½ teaspoon ground cinnamon
½ teaspoon ground ginger
⅛ teaspoon freshly grated nutmeg

DIRECTIONS

- 1** Preheat the oven to 300° F and grease a 1 ½-quart baking dish.
- 2** Bring milk to a simmer in a double boiler over high heat. Slowly add the cornmeal, whisking to combine. Continue to cook, whisking constantly, for 15 minutes.
- 3** Slowly add molasses, then remove from heat. Add maple syrup and the rest of the ingredients and stir until smooth.
- 4** Pour mixture into the prepared baking dish and bake until the pudding is set and the top is browned, about 2 hours. Serve hot or cold, topped with vanilla ice cream or whipped cream.



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ROSA PARKS' FEATHERLITE PEANUT BUTTER PANCAKES

MAKES 6 (4-INCH) PANCAKES



INGREDIENTS

1 cup flour
2 tablespoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 egg
1 ¼ cup milk
⅓ cup peanut butter, warmed
1 tablespoon liquid shortening or oil

DIRECTIONS

- 1 | Sift together the flour, baking powder, salt, and sugar.
- 2 | Beat together the egg, milk, warmed peanut butter, and oil in a mixing bowl. Stir in the dry ingredients. Do not overmix.
- 3 | Cook on a 275 degree (medium heat) griddle, flipping pancakes over when they begin to set and form bubbles.