

**BARBECUED HAM STEAK**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	13 g	22 g	9 g	57 mg	1567 mg	19 mg

**Ingredient**

HAM, COOKED, BONELESS  
 SHORTENING  
 SUGAR, GRANULATED  
 CHILI POWDER, DARK, GROUND  
 CLOVES, GROUND  
 ALLSPICE, GROUND  
 PEPPER, RED, GROUND  
 MUSTARD, PREPARED  
 TOMATO PASTE, CANNED  
 VINEGAR, DISTILLED  
 ONIONS, FRESH, CHOPPED  
 CELERY, FRESH, CHOPPED

**Weight**

25 lbs  
 7/8 oz  
 2 lbs  
 1-5/8 oz  
 1/2 oz  
 3/8 oz  
 1/4 oz  
 13-1/4 oz  
 2 lbs  
 3-1/8 lbs  
 8-1/2 oz  
 6-1/3 oz

**Measure**

2 tbsp  
 1 qts 1/2 cup  
 1/4 cup 2-1/3 tbsp  
 2 tbsp  
 2 tbsp  
 1 tbsp  
 1-1/2 cup  
 3-1/2 cup  
 1 qts 2 cup  
 1-1/2 cup  
 1-1/2 cup

**Issue**

9-1/2 oz  
 8-2/3 oz

**Method**

- 1 Split casing; peel from hams. Cut hams into steaks weighing about 4 ounces each.
- 2 Grill 1-1/2 minutes on each side on a lightly greased 350 F. griddle. Place steaks, overlapping, in pans. CCP: Hold for service at 140 F. or higher.
- 3 Combine sugar, chili powder, cloves, allspice, red pepper, mustard, tomato paste, vinegar, onions and celery. Bring to a boil; reduce heat; simmer 15 minutes.
- 4 Pour 2 quarts sauce over steaks in each pan. Cover.
- 5 Bake at 300 F. for 15 minutes or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Serve sauce with steaks. CCP: Hold for service at 140 F. or higher.