

PRINCESS PAMELA'S SOUL FOOD COOKBOOK

A Mouth-Watering Treasury of Afro-American Recipes

Milk-Baked Ham

INGREDIENTS:

A 2"-thick slice of ham*
1 tablespoon flour
2 heaping teaspoons dry mustard
2 tablespoons brown sugar
Sweet milk

INSTRUCTIONS:

Combine the flour, dry mustard, and brown sugar.

Work the mixture into both sides of the ham.

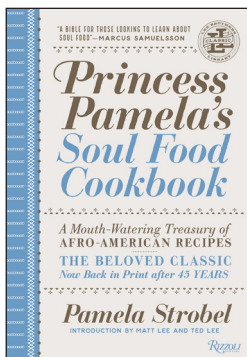
Place in baking dish and cover completely with milk.

Bake at 350F for about 1 hour, or until the ham is tender.

When ham is done, its surface should be browned and the milk almost entirely disappeared.

EDITORS' NOTE:

Standard wet-cured ham available at the grocery store is appropriate for this recipe.



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