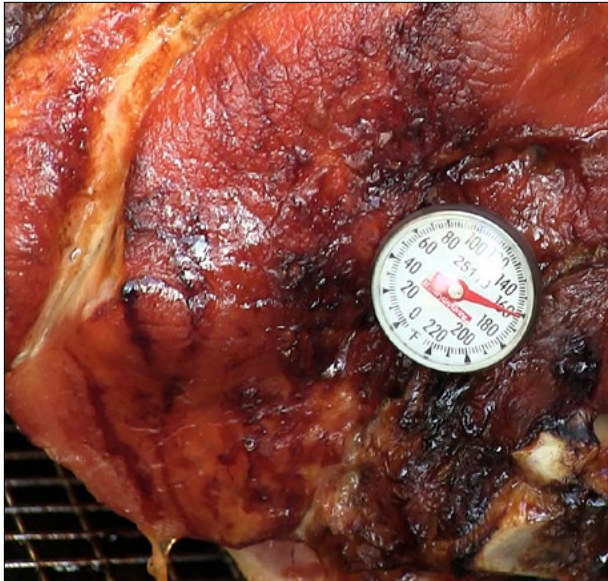


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# THE CrossFit *kitchen*

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## Chipotle-Maple Holiday Ham

by Nick Massie

### overview

Ham: submerge it, inject it, bake it and enjoy it.

## Pork

### ingredients

- 1 bone-in pork leg, approximate weight 25 lb.
- 1 gallon marinating brine
- 3 cups injecting marinade
- 2½ qt. serving brine

### directions

1. Submerge pork leg completely in marinating brine for 12 hours or up to 7 days while maintaining a temperature between 35 and 40 F.
2. Remove pork leg from brine and inject with injecting marinade. Pull the skin tight and insert injecting needle as deep into the leg as possible. The goal is to imbue the marinade close to the bone so that when the ham cooks, the juices permeate as much meat as possible with their flavor on the way to the surface.
3. Place pork leg on a baking rack over a foil-lined sheet pan and roast in the oven or on a smoker for approximately 8 hours at 225 F until a thermometer inserted in the deepest part of the leg reads 160-165 F. Using a smoker is preferred but not necessary and will add one more level of flavor to the ham.
4. Once you've achieved the proper internal temperature, remove ham from oven/smoker and allow to rest for 30 minutes.
5. Transfer ham to a cutting board. Remove the skin and set aside. Slice the ham on all sides, working your way down to the bone. Some portions will easily pull apart, while others are suited for slicing. Place sliced/pulled meat into a chafing dish or roaster and cover with the serving brine.
6. Break apart the skin into cookie-sized pieces and serve on the side.
7. Serve meat immediately, refrigerate for up to one week, or freeze for up to six months.



### Injecting Marinade

#### ingredients

- 2 cups apple juice
- $\frac{3}{4}$  cup chipotle in adobo sauce, puréed with  $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup maple syrup
- 3 tbsp. granulated garlic

#### directions

1. Combine all ingredients in a bowl and whisk together until uniform.

### Marinating Brine

#### ingredients

- 1 gallon cold water
- 2 cups kosher salt

#### directions

1. Heat 2 cups of water in a saucepan over high heat.
2. Using a whisk, stir in kosher salt and stir until dissolved.
3. Remove from heat and add enough ice to chill completely.
4. Combine chilled salt water with remaining cold water and stir. (Make as much brine at this same ratio as necessary, and feel free to add other ingredients, such as pickling spice, sugar, molasses, herbs and spices, fruit juices, etc.)

### Serving Brine

#### ingredients

- 6 cups apple juice
- 4 cups water
- $\frac{1}{4}$  cup kosher salt

#### directions

1. Combine all ingredients in a large saucepan and heat until salt dissolves and brine reaches a simmer.