



Soy Ginger Ham Steak

Ham steaks are cross cut slabs of meat that are lean with an added small ring of flavorful fat all along the outside and a small bone in the middle. Given that this cut of meat has a short cooking time, ham steak can quickly turn into a family favorite for any occasion.

Ingredients

1 ham steak
½ cup of tamari or soy sauce
1 tbl of honey
1 tbl of rice vinegar
2 cloves of garlic, sliced
1 tbl of grated ginger

Directions

Place ham steak in a deep dish or a plastic bag for marinating. Combine soy sauce, honey, and rice vinegar into a small bowl and whisk together. Pour the mixture over the ham steak, and add garlic and ginger. No need to add any salt as the soy sauce will season the meat plenty. For best results, marinate the meat at least 2 hours in advance, but over night is best.

When ready to cook, take your ham steak out 30 minutes prior to cooking and pat dry with a paper towel. Pre-heat your oven to 400 degrees and on the stovetop, heat a large pan on medium to high heat. When your pan is “screaming” hot, sear your steak until it develops a nice color all over. Once the steak has achieved an even coloring, transfer the pan into the oven and continue cooking the steak in the oven for 10 minutes, or until the internal temperature registers 140 degrees.

Once you remove the steak, let it rest for at least 10 minutes before cutting. Slice and enjoy!