



TRUE NORTH



HICKORY SMOKED HAM & PINEAPPLE

INGREDIENTS

1 - 2 lbs. precooked ham steak (1 in. thick)
cut into cubes

Pineapple chunks (fresh or canned)

3/4 cup pineapple juice

3/4 cup liquid honey or demerara or
brown sugar

1/4 cup honey

1/4 tsp. ground ginger

1/4 tsp. dry mustard powder

Seasoned pepper to taste

OTHER INGREDIENTS

True North Wood Bits (Hickory)

INSTRUCTIONS

1. Blend spices, honey or sugar, and juice or water and heat on low setting until simmering.
2. Skewer ham and pineapple chunks alternating each. Brush with sauce and
3. place in preheated smoker.
4. Smoke for 1 hour or long enough to exhaust one panful of hickory chips.

MY NOTES

