



HONEY GLAZED GAMMON



Ingredients:

- 2 kg boneless gammon joint
- 500 ml (2 cups) chicken stock
- enough water to cover the meat
- 2 dried bay leaves
- 4 cloves garlic sliced
- 3 pieces (10g) fresh ginger quartered
- 6 black peppercorns
- 3 sprigs fresh thyme
- 3 carrots washed and cut into chunks
- 1 stick celery sliced





Additional

- 60 ml whole cloves
- 1 garlic bulb

Glaze

- 45 ml honey
- 30 ml Dijon mustard
- 15 ml soy sauce
- 15 ml fresh ginger, very finely grated
- Juice of ½ orange


Method

- Place the gammon into a large pot, cover with the stock and water. Add the bay leaves, garlic, ginger, peppercorns, thyme, carrots and celery.
 - Bring to the boil and simmer for 1 hour 15 minutes until cooked. Remove from the stock and leave to cool slightly. Preheat the oven to 200°C.
 - Use a small knife to remove the rind from the gammon, leaving on as much fat as possible. Score the fat in a diamond (criss cross) pattern and push a clove into each diamond section. Make sure you have enough cloves. Cut the garlic bulb in half.
- 
- 
- 
- 



HONEY GLAZED GAMMON



- 
- In a bowl, mix all the ingredients together and brush the glaze liberally over the fat later with the whole cloves.
 - Place the gammon in a roasting tin with the halved garlic bulb and roast for 25 minutes until sticky and crisp round the edges. Slice to serve with your favourite potatoes or rice and roasted vegetables

NB: If you buy 1kg gammon, then only use half the ingredients on the list

