

GLAZED GAMMON RECIPE

Ingredients:

Although this recipe serves 20 people, it is quite easy to halve, or even quarter the quantities, and everything but the meat can be found in the shop.

4 kg (9lb) half gammon, unsmoked
2 ltr apple juice
2 generous tbsp redcurrant jelly
1 tbsp Dijon mustard

Method:

Place the gammon in a pan just big enough to hold it and cover with apple juice. Bring to boil over high heat. Turn heat to a simmer, cover and cook very gently for about 4 hours (55 mins per kg or 25 mins per lb) until tender.

Allow meat to cool in the liquid. Remove from pan and place on a piece of foil in a small roasting tin. Gently remove skin leaving fat on top. Melt redcurrant jelly in a small pan, stir in mustard and spread over the fat. Score the glaze diagonally with sharp knife, cutting through the fat. Wrap meat itself in foil, leaving fat exposed.

Glaze and brown under the grill or glaze in a preheated oven at 220 C/fan 200 C/gas 7 until golden brown and crisp (about 15 minutes). If serving cold, chill in the fridge for 12 hours or so before carving.