

# Enjoy GAMMON



Why not try gammon for a change this Spring or Summer. Here are just a few master tips to help you enjoy gammon



- 🕒 Roast – preheat oven to Gas Mark 4-5, 180 ° C
- 🕒 Place the joint in a roasting tin, cover with foil and roast for the calculated time
- 🕒 20-30 minutes before the end of the cooking time, remove the foil and add your favourite glaze such as Maple & Ginger (a mix of 2x15ml maple syrup and 15ml ginger syrup from a jar of stemmed ginger, plus 2 pieces of thinly sliced stem ginger, and then brush over the joint).
- 🕒 An alternative method is to boil for half the cooking time and to roast for the remainder, then as above add your favourite glaze 20 minutes from the end
- 🕒 After removing the gammon from the heat allow it to stand for 10-15 minutes. This allows the juices to be evenly distributed throughout the meat which results in a firmer, juicier and easier to carve ham.
- 🕒 It is important that the carving knife is extremely sharp as this will allow the carving of thick or thin slices to be more precise and will make it a lot easier

- 🕒 Soaking a gammon in water for up to 24 hours can help remove excess salt
- 🕒 When boiling or roasting a gammon joint allow 20 minutes per 500g plus 20 minutes at the end and remember don't cook for longer otherwise it will end up dry and tough
- 🕒 Boil – place the joint in a large pan and cover with cold water, or a liquid mix of choice i.e. fruit juice, white wine, ginger beer, cola or stock, and also add some cloves, black peppercorns, cinnamon sticks or bay leaves to enhance the flavour
- 🕒 Bring to the boil and simmer for the calculated time, keeping the pan topped up with liquid



Courtesy of [Lovepork.co.uk](http://Lovepork.co.uk) for more recipe ideas go to [www.lovepork.co.uk/recipes](http://www.lovepork.co.uk/recipes)

