

Gill's Gourmet Gallery

Summer honey glazed gammon

Ingredients:

- 1 2lbs joint of unsmoked
- 2 bay leaves
- 12 black pepper corns
- Cloves
- 4 tablespoons honey or golden syrup

Method:

Place a joint of unsmoked gammon in 2 inches of water in a casserole dish with lid. Add the bay leaves and black pepper corns to the water. Slow cook for 6 hours in the oven at 100c.

Once cooked, remove the joint from the casserole dish and place on a plate.

Remove the rind from the gammon and discard.

Place the joint into a lightly oiled roasting tin.

Score the fat on top of the meat into triangles and drizzle with honey or golden syrup.

Dot cloves in between the triangles of fat (if you like them).

Place the joint back into the oven at 180c for 30 minutes or until the honey/syrup forms glazing on the joint. (Be careful not to burn as the meat is glazing.)

Refrigerate to cool for summer sandwiches or serve with potato salad and beetroot.

