

Glazed Roast Gammon

Try this for a change from all the turkey you have had over Christmas - serves: 6 to 8

Ingredients: -

1.8kg/4lb - gammon joint

150ml/¼ pint - fresh orange juice

2 - bay leaves

30ml/2tbsp - sunflower oil

45ml/3tbsp - clear honey

2.5ml/½tsp - freshly ground black pepper

2 - oranges, very thinly sliced

12 - cloves

Method: -

Preheat the oven to 180°C/350°F/Mark 4.

Rinse the gammon joint and pat dry with absorbent kitchen paper.

Lift into a roasting tin and pour the orange juice over.

Add the bay leaves, cover tightly with foil and roast for 1 hour 45 minutes.

Mix together the sunflower oil, honey and freshly ground black pepper.

Remove the gammon from the oven.

Take the foil off and arrange orange slices over the skin.

Stud each orange slice with a clove to hold them in place.



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Brush the honey mixture over the top liberally.

Return to the oven for 30 minutes, until the topping is golden brown.

Serve the gammon warm with a selection of freshly cooked vegetables, or cold with a salad.

(You can freeze this for up to three months).