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Baked Glazed Ham



Ingredients

4- 8 lb unsmoked boneless gammon joint (you can normally order one from Spinneys)
2 onions
2 carrots
2 celery stalks
2 bay leaves
1tbsp black peppercorns
3 tbsp whole cloves
Glaze
4 tbsp honey
4 tbsp English mustard

Preparation

1 Place the ham into a large saucepan, cover with cold water add the peeled and chopped

2 onions, carrots, celery, bay leaves and peppercorns and bring to the boil. Reduce the heat,

3 cover and simmer gently for twenty minutes per 1lb

4 Remove from the water and set aside to cool for fifteen minutes. (you can keep the stock

5 and make lentil or yellow pea soup)

6 Pre-heat the oven to 200C and line a large roasting tin with foil.

7 Remove the rind from the gammon joint, try to leave as much of the fat on the joint as

8 possible. Score the fat in a diamond pattern, and push a clove into the centre of each 'X'.

9 Place the gammon into the foil-lined roasting tray, ensuring that the sides of the foil come

10 half way up the joint to contain any roasting juices.

11 For the glaze, mix the honey and mustard together and brush half of it evenly over the

12 gammon, roast in the centre of the oven for ten minutes, then take the joint out and

13 brush again with the rest of the glaze. Return the gammon to the oven for a further 10-15

14 minutes. If the top looks to be getting too brown, cover loosely with foil. Take gammon

15 out of oven and rest it for 15 minutes before carving and serving.

Cooks Note