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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
- <em>Glaze</em>
- 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**

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