



## How to Cook a Gammon Joint

- **Cover your gammon joint with water in a large pan and simmer for 45 mins per kg of meat** (if you want to make a stock, add bay leaves etc to the water).
- **Take the joint out of the water and remove the skin which should easily come away.**
- **Score the fat** (if you want a traditional looking gammon/ham, score in diamonds and place a few cloves dotted across the gammon).
- **Cover the joint in a glaze.** We suggest making a glaze using 2 tablespoons of honey and 1.5 teaspoons of hot english mustard mixed together. Another easy glaze is to use a ready made marmalade.
- **Put the joint in a preheated oven at 210 degrees Celsius for 15 minutes to crisp the glaze.**
- Enjoy your succulent Christmas gammon hot or cooled down for sandwiches!