

View from the Fridge – Recipes from Brian Donkin

Recipe # 86 – Whole Gammon with Demerara and Clove Glaze

Preparation time: 10 mins – Cooking time: 3 ½ hours

Ingredients:

1 whole unsmoked gammon (soaked overnight in cold water)
250 gms Demerara sugar
50 whole cloves (approx.)

Method

1. Place ham in pot and fill with cold, fresh water
2. Bring to the boil and skim
3. Put lid on pot and simmer for 3 hours
4. Remove lid – twist the small bone and pull gently – if the bone comes out easily the joint is cooked. If not, simmer for another 15 minutes and repeat test. (This small bone makes a good mustard spoon).
5. Remove from pot and let stand
6. Trim off the skin and some of the fat leaving enough fat to be pierced with cloves – then pierce with cloves
7. Sprinkle on the sugar and place in hot oven (200 degrees) for 20 minutes

Serves 40

