

HONEY ROAST HAM

A roast bacon joint (cured ham roast) can be a succulent addition to the Christmas turkey or goose. Glazed with honey and mustard and studded with cloves, the joint is equally good served cold. It would be a substantial addition to a brunch party menu, would enhance a New Year buffet, and provides a satisfactory meal in moments when unexpected guests call.

INGREDIENTS

2kg/4½ lb boned gammon joint
(cured ham, leg or shoulder roast)
1 onion
cloves
2 bay leaves
few black peppercorns
twist of orange peel
small piece of fresh ginger
½ cinnamon stick
few stalks of parsley

FOR THE GLAZE

cloves
6tbsp clear honey
2tbsp whole grain mustard

1. Weigh the ham and calculate the cooking time at 20 minutes per 450g/1lb, plus 20 minutes extra.
2. Place in a large pan and cover with cold water. Bring to the boil and remove from the heat. (This process is instead of soaking the joint overnight to draw off some of the salt used in curing the meat.) Pour off the water, rinse the pan and replace the joint. Cover it with cold water and add the onion, quartered and stuck with cloves, and the remaining flavouring ingredients to taste. They give a slightly spicy flavour to the meat. Bring slowly to the boil, cover the pan and simmer for the calculated cooking time less 15 minutes. In the case of a ham weighing 2kg/4½ lb, this would be 1 hour 35 minutes.
3. Remove the ham from the pan (reserve the stock for soups, casseroles and sauces) and allow it to cool slightly. Cut off the rind as evenly as possible and score the fat in a diamond pattern with a sharp knife. Heat the oven to 180°C/350°F/Gas 4.
4. Press the cloves into the fat at intervals. Mix together the honey and mustard and spread it over the skin. Wrap the ham in foil, leaving only the glazed area uncovered.

Place the ham, glazed-side up, in a roasting tin and bake in the oven for 15 minutes. Serve hot or cold with cranberry conserve, pineapple sauce or Cumberland sauce.

Serves 8-10