## McLennansIsC79a-A02aT03a-Z_mdm.jpg Gammon Ham\_\_\_\_\_\_

## How to prepare a gammon joint

To start, weigh your meat to calculate cooking times. (This is on the tag in KG)

Hint: There is 2.2lb in a kg

 Place the meat in a large pan, cover with cold water and bring to a boil, adding any flavourings you may wish like cinnamon, bay, peppercorns, coriander seeds and onion. Cook for 30 minutes per 450g/1lb, periodically skimming and discarding any white froth that comes to the surface.

Drain, reserving the stock if you like, then leave to cool a little. Remove the top layer of skin, leaving a thin layer of fat around the meat. Score the fat, then brush with the glaze of your choice – a mixture of maple syrup and coarse-grain mustard is good. You can stud the fat with cloves too. Place in a foil-lined roasting tin and bake at 220C/fan 200C for 20-30 minutes (based on a 5kg ham) or until the glaze is golden.

We hope you enjoy your Ham and have a **Happy Holiday!**

Compliments of the “MEATDOGG” and the staff of **McLennan’s Island Meat and Seafood**