

Gammon with a Maple Syrup, Honey & Mustard Glaze

Nothing says Christmas in South Africa, quite like Gammon, does it? It's one of those meals that's reserved solely for Christmas. If I had Gammon at another time during the year, I'd feel as if I was cheating on Christmas ... I'm sure some of you know what I mean. So, with it being the Festive Season, I decided to make a little Gammon for Andrew, Hudson, My Mom and I for dinner on the 23rd December ... an opening act, to the main Gammon coming on Christmas day, if you will. If we can only indulge in Gammon at Christmas, then let's at least enjoy two :)

The result? A resounding YUM!!! Even Hudson enjoyed it and I didn't think he would eat meat just on its own like that, but he loved it. The best part is it was so easy to prepare, almost had me thinking, I could make this a few times a year... just kidding Christmas!

I used a deboned and non smoked gammon but you could use smoked too - will add to the flavour.

Ingredients:

2kg boneless gammon

3 carrots, peeled and roughly chopped

2 celery sticks, roughly chopped

1 onion, peeled and roughly chopped

2 Tbsp Black Pepper Corns

Maple, Honey & Mustard Glaze:

80ml maple syrup

80 ml honey

2 Tbsp Dijon mustard

100g demerara sugar

Whole Cloves (A lot)

Method:

Place the onion, carrots, celery and gammon in a large pot and cover with cold water. Bring to the boil, turn down the heat and simmer for approximately 1 hour and 15 minutes. Allow gammon to cool slightly before removing from pot and setting aside. If cooking a day in advance, once your gammon and cooking liquid have cooled down, you can return the gammon to the pot with the cooking liquid in it and refrigerate until the next day. Just remember to take your gammon out of the fridge 30 - 45 minutes prior to moving on to the next step.

Preheat your oven to 180 degrees.

Make your glaze by mixing all ingredients together until the sugar dissolves. Remove the rind from your boiled gammon by gently running your fingers between the rind and the fat. You should be able to pull it off in one piece, leaving behind a thin even layer of fat. Score the fat in a criss-cross diamond pattern, taking care not to cut into the meat. Stud the centre of each diamond with a clove. Generously coat the gammon with half the glaze, using a pastry brush to spread evenly. Roast for 15 minutes before removing from the oven and brushing over the remaining glaze. Return to the oven and roast for another 20 - 30 minutes, until the gammon is a rich golden brown colour, taking it out occasionally and basting with the pan juices. Remove from the heat and allow to rest for 15 minutes before serving.

I served mine with Mustard Mash, Honey Glazed Baby Carrots & Asparagus and it paired perfectly! Let's just say there was no space left for dessert :)