



JAFFA GLAZED GAMMON JOINT

Makes

4

Time

2
HOURS

Level

SIMPLE

Kcal

327
per portion

You will need

- 4 x Jaffa orange
- 4 x bay leaves
- 2 x onions (peeled and halved)
- 3 x tbsp honey
- 3 x tbsp wholegrain mustard
- 1 x gammon joint
- 120g brown sugar
- Water
- Cloves

Our step by step guide

Step 1

Place the gammon into a large, deep pan, and cover the joint in water. Bring the water to a boil, remove from the heat, then drain.

Step 2

Juice the Jaffa oranges. Put the gammon back into the (now empty) pan and cover it with Jaffa orange juice, then pour in some cold water until the liquid covers the gammon completely.

Step 3

Stud the onion halves with two cloves in each, then place in the pan with bay leaves. Cover the pan with a lid and bring the contents to a boil, then turn the heat down and let it simmer.

Step 4

Gently cook the gammon for three hours, checking every so often to see if it needs extra hot water adding.

Step 5

Preheat the oven to 180°C.

Step 6

Carefully take the gammon from the pan, and place onto a roasting tin. Remove the skin, ensuring a thin layer of fat remains. Using a sharp knife, score the gammon with a criss-cross pattern, and stud each cross with a clove.

Step 7

Place the gammon to one side whilst you prepare the glaze. For this, just mix all the glaze ingredients together in a bowl until well combined. Using a spoon or spatula, spread the glaze generously all over the gammon joint.

Step 8

Put the gammon into the oven and roast for 45 minutes, spooning the glaze and juices over the gammon frequently throughout the cooking time, until it is golden-brown all over and cooked all the way through.

Step 9

Leave to rest and then carve into thick slices and enjoy!

USE THE HASHTAG
#JAFFAJOY

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