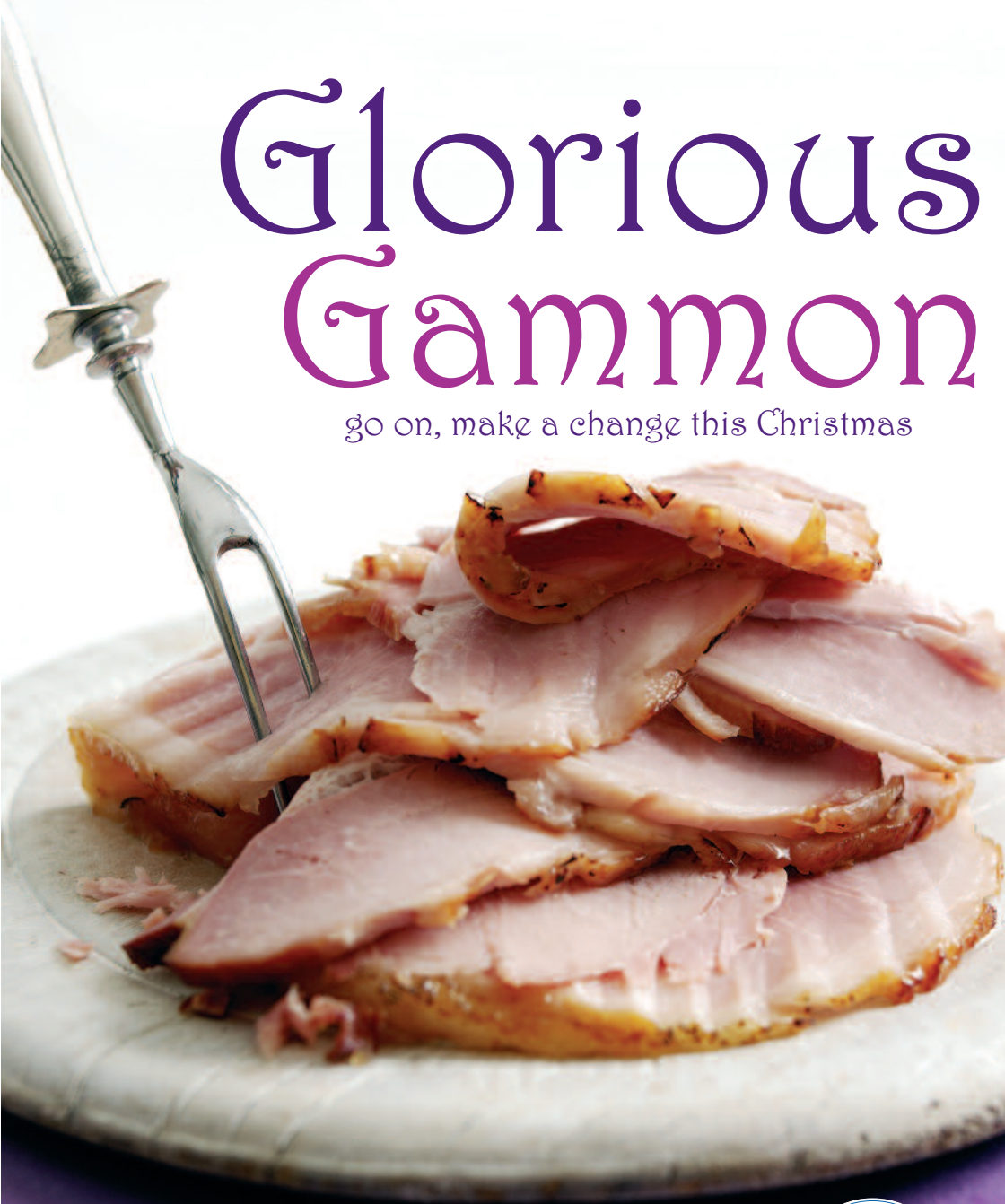


# Glorious Gammon

go on, make a change this Christmas



# Glorious Gammon

*"It's funny – when I think about Christmas I can almost smell it! The heady pine scent of the tree, the spicy cinnamon and clove of the mulled wine – it's an utter delight to the senses! But for me there's nothing that conjures up the spirit of the season quite like the heavenly aroma of a big gammon joint roasting in the oven. Rich and mouth-wateringly indulgent it promises forthcoming praise for the cook (that's me) and of course, happy sighs of contentment from family and friends.*

*What it also promises though is a day off (well virtually). For if you're lucky enough to have any leftovers, gammon is so versatile it can be easily whipped up into something fabulous tomorrow.*

*It's no secret I'm a bit of a perfectionist. When I'm buying gammon I want to be sure that what I'm buying has been produced to stringent quality and welfare standards. That's why I'll be choosing Quality Standard Gammon for my festive table. It's glorious."*



Anthea Turner



## Your Glorious Gammon Gameplan

### **LOOK before you buy**

*A good quality gammon joint should be moist and a healthy pink colour, not grey or red. The fat itself should be firm and white. Avoid anything that looks clammy or has oily or chalky looking fat. Best of all, look for the Quality Standard Mark*

### **How much do you need?**

*As an approximate guide allow 100g (4oz) per person when buying boneless joints and 170–225g (6–8oz) per person when buying bone-in joints. This isn't allowing any for luscious leftovers though!!*

### **Smoked or Unsmoked?**

*Essentially this comes down to personal preference, a smoked joint will have a stronger more intense flavour. Look for gammon smoked over wood chippings – the use of different woods (eg Oak, Maple or Cherry) imbues the gammon with subtle flavour differences. If you like to add your own flavours using a glaze whilst the gammon cooks, an unsmoked joint may be a better choice*

### **Boil or Bake?**

*Either, or a combination of the two. Weigh the joint and work out the cooking time. 20 mins per 450g/½kg (1lb) plus 20 mins.*

*You can boil for all of the cooking time or do half and half. Baking in the oven for the last half of the cooking time will give a lovely caramelised appearance to the fat, especially if you add something sugary in the last 15 mins. Marmalade, Maple syrup or Honey all work well.*

*If you prefer to simply bake your joint why not try adding some liquid to the roasting dish? This could be fruit juice, cider or mulled wine or ginger beer as in our recipes. Cover the joint with foil for all but the last 15 mins so it steams and doesn't dry out.*







## Gammon Ham Thai Green Broth with coriander dumplings

*Serves 2–4*

*Takes about 10 mins*

100g	(4oz.)	Cooked, unsmoked gammon ham, cut into chunks
1tsp	(5ml)	Oil
30ml	(2tbsp)	Green Thai curry paste
100g	(4oz.)	Green beans, various – sugar snap, mange tout or green beans, sliced
3		Spring onions, sliced
250ml	(½pt)	Reduced fat coconut milk
250ml	(½pt)	Water
2 heads		Fresh coriander, chopped
		Pak Choi, roughly quartered

### **Coriander Dumplings:**

*(makes about 10 mini balls):*

50g	(2oz.)	Self-raising flour
25g	(1oz.)	Suet
30ml	(2tbsp)	Fresh coriander, chopped
		Water

*Heat oil in a large non-stick saucepan and add cooked gammon ham and heat through. Stir through green Thai curry paste. Add coconut milk and water. Heat through.*

*Coriander Dumplings: In a bowl mix the flour and suet, stir in the coriander. Bind with a little water. Divide mixture into about 10 mini balls and then drop the dumplings into the broth. Cover with lid and cook for about 20 minutes until dumplings are fluffy and risen.*

*Remove dumplings when cooked and place on a plate and keep warm.*

*Add remaining vegetables and heat through. Ladle into bowls, add dumplings and sprinkle with coriander and serve.*

## Roasted Gammon with ginger beer, ginger glaze and clementine relish

*Takes 20 mins per 450g/½kg (1lb) plus 20 mins*

1		Good quality dry cured gammon joint
1		330ml can ginger beer
30ml	(2tbsp)	Ginger preserve
<b>Clementine Relish</b>		
5ml	(1tsp)	Oil
1		Onion, peeled and roughly chopped
2		Clementines, peeled and broken into segments
30ml	(2tbsp)	Brown sugar
15ml	(1tbsp)	Ginger preserve
45ml	(3tbsp)	Orange juice

*Pre-heat oven to Gas Mark 4–5, 180°C, 350°F.*

*Double line a large roasting pan with foil.*

*Place joint in roasting pan, pour over ginger beer. Cover with foil and carefully put in oven for calculated cooking time.*

*Remove pan from oven and carefully remove joint. Tip off juice and discard. Remove the rind and score the fat into diamonds. Brush with ginger preserve.*

*Return to the roasting pan, but line with foil. Bake for 10–15 minutes until glaze is golden brown.*

*Clementine Relish: Place onion in a small pan with oil and cook for a couple of minutes. Add remaining ingredients and simmer with lid on for about 10 minutes until onion is soft and liquid syrupy.*

*Serve gammon hot with a selection of roasted vegetables and a spoonful of Clementine relish. Also delicious cold!*





# Cider Roasted Gammon

with calvados and apples

*Serves 4-6*

*Takes 20 mins per 450g/½kg (1lb) plus 20 mins  
(About 1 hour for 1kg (2¼lb) joint)*

1kg	(2¼lb)	Good quality, dry cured, unsmoked gammon joint
300ml	(½pt)	Sweet cider
15ml	(1tbsp)	Apple sauce
30ml	(2tbsp)	Calvados / brandy (optional)
4		Whole apples
15-30ml	(1-2tbsp)	Muscovado sugar

*Pre-heat oven to Gas Mark 4-5, 180°C, 350°F.*

*Double line a large roasting pan with foil. Place joint in roasting pan and pour over the cider, apple sauce, calvados and add whole apples.*

*Place another piece of foil on top and roast in oven. Baste and turn joint over half way through cooking time.*

*Remove joint carefully from oven. Remove rind from joint and score the fat. Baste the joint with the juice and sprinkle the fat with sugar and return to oven for further 10-15 minutes to brown.*

*The juices can be used as a sauce, but taste first as they may need a spoonful of brown sugar depending on the saltiness of the joint.*





## Gammon Ham, cranberry and chestnut tart

*Serves 4-6*

*Takes 20 mins*

225g	(8oz)	Cooked gammon ham, cut into strips/chunks
500g		Pre-made chilled bought Puff pastry
45ml	(3tbsp)	Cranberry sauce
50g	(2oz)	Chestnuts, walnuts and/or pecan nuts

*Pre-heat oven to Gas Mark 5, 190°C, 375°F*

*Roll out puff pastry to 20 x 30cm rectangle. Score a line in the pastry 2cm from the edge.*

*Spread cranberry sauce over the pastry within the scored rectangle, sprinkle with gammon and nuts.*

*Bake in oven for about 20 minutes until pastry is well risen and golden.*

*Serve either hot or cold as a snack or as part of a buffet.*



## Gammon Ham, chilli and coriander potato salad

*Serves 4-6*

100g	(4oz)	Cooked gammon ham, cut into strips/chunks
450g	(1lb)	New potatoes, boiled
½		Red chilli, deseeded and finely chopped
30ml	(2tbsp)	Fresh coriander, chopped
2		Spring onions, finely chopped
30ml	(2tbsp)	Mayonnaise
10ml	(2tsp)	Sweet chilli sauce

*Take a large bowl and add boiled, warm new potatoes. Add chilli, coriander, spring onions, mayonnaise, chilli sauce and gammon.*

*Toss together until ingredients are all combined.*

*Serve with large chunks of crusty brown bread and crisp green leaves.*





## Gammon Ham Tagine with pomegranate and parsley couscous

*Serves 4-6*

*Takes about 30 mins*

225g	(8oz)	Cooked, unsmoked gammon ham, cut into chunks	300ml	(½pt)	Water
			1		Clementine, peeled and broken into segments
5ml	(1tsp)	Oil			Clementine, juice removed
1		Onion, chopped	1		
15ml	(1tbsp)	Turmeric			<b>Couscous</b>
15ml	(1tbsp)	Cumin	250g	(9oz)	Couscous
2.5ml	(½tsp)	Cinnamon	1		Clementine, juice removed
2.5ml	(½tsp)	All-spice	300ml	(½pt)	Boiling water
75g	(3oz)	Ready-to-eat apricots, chopped	1		Pomegranate, seeds removed
½		400g (approx) can chick peas, drained			Seasoning
					Flat leaf parsley

*Heat oil in a large pan, add onion and cook for 1-2 minutes. Add cooked gammon ham and all remaining ingredients. Cover and simmer for about 30 minutes until sauce thickened.*

*Meanwhile prepare the couscous: Place couscous into a bowl. Add juice of clementine and boiling water. Season, cover and leave to stand for 10 minutes until water has been absorbed and the couscous has softened. Stir in pomegranate seeds and parsley. Serve tagine with a large pile of pomegranate and parsley couscous.*

## Roasted Gammon with mulled wine and cranberry and cinnamon glaze

*Serves 4-6*

*Takes 20 mins per 450g/½kg (1lb) plus 20 mins  
(About 1 hour for a 1kg (2¼lb) joint)*

1kg	(2¼lb)	Good quality dry cured, unsmoked gammon joint
150ml	(¼pt)	Red wine
150ml	(¼pt)	Orange juice
1		Mulled wine spice sachet
1		Cinnamon stick
45ml	(3tbsp)	Cranberry sauce
2.5ml	(½tsp)	Cinnamon

*Pre-heat oven to Gas Mark 4-5, 180°C, 350°F.*

*Double line a large roasting pan with foil, place joint in roasting pan*

*Pour over the red wine, orange juice and add mulled wine sachet and cinnamon stick.*

*Place another piece of foil on top of the tin and roast in oven for 1 hour. Baste and turn joint over half way through cooking time.*

*Remove the pan from the oven and carefully remove joint. Pour juices into a small saucepan. Add cranberry sauce to juices and reduce for 5 minutes.*

*Remove rind from joint and score the fat. Return to the roasting pan, but line with foil.*

*Spoon some of the cranberry juices over the joint and then return to oven for a further 10-15 minutes until glaze is syrupy and fat browned.*

*Serve hot gammon with roasted potatoes and parsnips and braised red cabbage with apple.*



*Provenance and animal welfare are now more than ever increasingly important considerations for us when buying meat.*

*By choosing Quality Standard Pork, Bacon, Ham and Sausage you can be sure that you are not only buying meat that is fully traceable and produced to high quality and welfare standards, but also that you are supporting the farmers behind the Mark.*

*For further information or more great recipe ideas visit [www.lovepork.co.uk](http://www.lovepork.co.uk)  
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BPEX is a division of the Agriculture and Horticulture Development Board (AHDB)*



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