

Rumps THE Butcher

Great Tasting Local Food



Honey Roast Ham

Ingredients.

- 2kg Rumps boneless gammon joint
- 1 carrot , chopped
- 1 onion, peeled and chopped
- 1 leek , trimmed and chopped
- 1 cinnamon stick
- 1 tsp peppercorns
- 1 tsp coriander seeds
- 2 bay leaves
- 25 whole cloves for studding
- Honey Glaze
- 200g Demerara sugar
- 25ml sherry vinegar
- 100ml Madeira wine
- 250g honey

Method:

1. Put the gammon in a large pan and cover with cold water. Add the carrot, onion, leek, cinnamon, peppercorns, coriander seeds and bay. Bring to the boil, then turn down to simmer for around 2 1/2 hrs, topping up the water with boiling water if necessary. Scoop off any impurities that rise to the top.
2. Carefully pour the liquid away, and then let the ham cool a little while you heat the oven to 190C/170C fan/gas 5. Lift the ham into a well lined roasting tin, then cut away the skin leaving behind an even layer of fat. Score the fat all over in a criss-cross pattern, then stud cloves all over the ham.
3. To make the glaze, put the sugar, vinegar and maderia in a pan and bring to boil. Add the honey, bring to a boil and remove from the heat.
4. Pour half of the glaze over the fat of the ham, roast for 15 mins, then pour over the rest and return to the oven for another 35 mins, basting with the pan juices 3-4 times as it bakes. Turn the pan around a few times during cooking, so the fat colours evenly, and keep basting. Remove from the oven and allow to rest for 15 mins before carving. This can be roasted on the day or up to 2 days ahead and served cold.