



## Ballynahinch Baked Ham

### Ingredients:

1 Gammon  
4 Bay leaves  
Small bunch of Thyme  
5 Cloves  
Small bunch of Rosemary  
100g Honey  
100g Dijon mustard  
60g Muscovado sugar

### Preparation:

1. The first step is blanching the gammon to remove impurities and to get rid of part of the salt. In a large pot, bring the water up to a boil and cook for 10 minutes. Discard the water. Add cold water, bay leaves, thyme, rosemary and cloves. Cool until the leg reaches 72 degrees in the centre.

Tip: This point can be done the previous day and kept ready in the fridge.

2. Take the rind out of the gammon, leaving the fat and score “X shape” to make sure the fat renders equally. Once that’s done, we are ready to glaze our ham.

3. Mix equal parts of honey and Dijon mustard. Paint the gammon with the mix and top with muscovado sugar.

Tip: You can stick cloves where the scoring lines cross for extra flavour and a better finish of the piece.

4. Roast in the oven at 180 degrees for 30 minutes until it's golden brown. Again, probe it to make sure is nice and hot in the middle.

Tip: if we don’t want to give further colour to the leg but it is still hot in the centre, cover it with tin foil and keep baking.