



The Online Community  
for all Lovers of Quality Pork

## Bacon and gammon joints

Joints can be enjoyed eaten either hot or cold. They can be cooked in one of two ways either:

**Roasted** : Allow 30 minutes per 450g/½kg(1lb) plus 30 minutes.

Gas mark 4-5, 180°C, 350°F

- Place joint in a roasting tin, cover with foil and roast for the calculated
- cooking time.
- Remove foil 20-30 mins before the end of the cooking time
- Add your favourite glaze 20 mins before the end of the cooking time or studded with cloves or covered in breadcrumbs.

**Boiled** ; 20 mins per 450g/½kg(lb) + 20 mins

- Place the joint in a large pan and cover with cold water.
- Bring to the boil and simmer for the calculated cooking time. Keep the pan topped up with water during cooking.
- Cloves, black peppercorns and bay leaves can be added to the water to enhance the flavours.

Or

boil for half the cooking time and roast for the remainder

### Easy glazes

- Strip off the rind and score the fat into diamonds then roast. Stud with cloves if desired. Twenty minutes before the end of cooking time spoon over one of these simple glazes:
- **Orange & Apricot**
  - Heat 6tbsp fresh orange juice, 4tbsp apricot jam and a pinch of ground ginger in a pan for 5 minutes then glaze as above.
- **Tropical glaze**
  - Mix together 3tbsp mango chutney, 2tbsp lime marmalade, zest and juice of ½ lime and brush over the joint as above
- **Summerfruit glaze**
  - Mix together 3tbsp summer fruits jam and 1.25cm (½”) root ginger, peeled and grated, and heat until melted then glaze as above.

Serve hot with a selection of seasonal vegetables, or cold with chutney, crusty bread and salads of your choice.