

Get the most from
Hammon & Pork joints this
Christmas



What a treat!

Get into the Christmas spirit with this easy to follow festive guide to gammon and pork joints. From preparation through to a variety of gorgeous glazes plus our tip for perfect crackling, there isn't a better place to get the most from your gammon and pork this festive season.

For more hints, tips and recipe suggestions visit www.LOVEPORK.CO.UK



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The Red Tractor logo on gammon joints guarantees very high standards of production have been adhered to at every step.

Ham Roasting Essentials

Boiled

- Weigh joint and calculate the cooking times: 20 minutes per 450g (1lb) plus 20 minutes at the end.
- Place joint in large pan and cover with cold water, or a liquid mix of your choice i.e. fruit juice, red wine & mulled wine sachet, ginger beer, coca cola or stock.
- Alternatively cloves, black peppercorns, cinnamon sticks or bay leaves, can be added.
- Bring to the boil and simmer for the calculated time, keeping the pan topped up with liquid.



An alternative method is to boil for half the calculated cooking time and to roast for the remainder of the cooking time.

- Add your favourite glaze 20 minutes from the end.

Roasted

- Pre-heat oven to Gas Mark 4-5, 180°C, 350°F.
- Weigh the joint and calculate the cooking time: 20 minutes per 450g (1lb) plus 20 minutes at the end.
- Place joint in a roasting tin, cover with foil and roast for calculated time.
- Remove foil 20-30 minutes before the end of cooking and add your favourite glaze.

Serve with a Clementine Relish

Place 1 Onion, peeled and roughly chopped in a small pan with 5ml (1tsp) oil and cook for a couple of minutes. Add 2 clementines, peeled and broken into segments, 30ml (2tbsp) brown sugar; 15ml (1tbsp) ginger preserve, 45ml (3tbsp) orange juice and simmer with lid on for about 10 minutes until onion is soft and liquid syrupy.



Easy glazes



Maple & Ginger

- Mix together 30ml (2tbsp) maple syrup and 15ml (1tbsp) ginger syrup from a jar of stemmed ginger, plus 2 pieces of thinly sliced stem ginger, and then brush all over joint.

Cranberry & Cinnamon

- Double line a large roasting tin with foil, place gammon in tin, pour over 150ml (¼pt) red wine, 150ml (¼pt) orange juice, 1 mulled wine spice sachet and 1 cinnamon stick, place another piece of foil on top of joint and roast in oven for approximately 1 hour. Turn joint over halfway through cooking time.
- Remove pan from oven and remove joint. Pour remaining juices into a small saucepan and add 45ml (3tbsp) cranberry sauce, reduce for 5 minutes.
- Remove rind from joint, score fat, return joint to roasting tin and spoon over cranberry juices, return to oven for a further 10-15 minutes until glaze is syrupy and fat browned.

Pork Roasting Essentials

Roasting doesn't need to be complicated!

- Preheat oven to gas 4-5, 180°C or 350°F.
- Weigh the pork joint, suitable cuts are loin, shoulder, belly or leg.
- Calculate cooking time: 25-30 minutes per 450g (1lb) plus 25 minutes at the end, to an approximate internal temp of 75°C.
- Place joint in centre of oven, uncovered on a wire rack, in a roasting tin, ensuring the fat is on top, which allows juices to naturally baste.
- The degree of cooking can be tested by using a meat thermometer inserted into the thickest part of the joint, it is cooked once the juices run clear and the thermometer reaches approximately 75°C.
- Once joint is cooked to your liking remove from oven and allow to rest for 5-10 minutes, this relaxes fibres and ensures juices stay within the joint, keeping it moist and easier to carve.



For perfect crackling dry the joint thoroughly and score the rind deeply with a knife. Rub well with oil and salt. Do not cover or baste the joint during cooking.

Sauces and Chutneys

**Try spicing
up your
apple sauce**
by adding 2.5cm
(1") root ginger, peeled
and grated and a couple
of tablespoons of fresh
sage, chopped.

Apple and Pear Sauce

Place 1 eating apple and 1 pear, cored and cut into chunks, 15ml (1tbsp) rum, and 2.5ml (½tsp) cinnamon into a pan, cover and simmer for 15-20 minutes. Remove lid for last 5 minutes until fruit is soft and most of the rum has evaporated.

Pear and Plum Chutney

Place 1 pear, peeled, cored and diced, 3 plums, stoned and diced, 45ml (3tbsp) water, 30ml (2tbsp) muscovado sugar and 15ml (1tbsp) lemon juice in a pan. Bring to the boil and simmer for approximately 15 minutes.