

Slow Cooker Recipes



Slow Cooked Gammon in Cola

The cola adds a sweet treacly flavour to balance the saltiness of the ham.

Ingredients

- **1kg Unsmoked Gammon Joint (from The Artisan Butcher's Slow Cooker Pack)**
- 2l full fat (not diet) Cola
- 1 carrot - peeled and chopped
- 1 onion - peeled and quartered
- 1 stick celery - chopped
- 1 cinnamon stick
- Half tbsp black peppercorns
- 1 bay leaf

- **FOR THE GLAZE:**
- 150ml maple syrup
- 2 tbsp wholegrain mustard
- 2 tbsp red wine vinegar
- Pinch of ground cloves or five spice

Method

- Turn on the slow cooker to HIGH to start to warm up
- Place the gammon joint in the slow cooker and cover with the cola
- Add the carrot, onion, celery, cinnamon stick, peppercorns and bay leaf
- Put lid on slow cooker, turn down to LOW, and cook for about 6 hours
- During cooking time top up with boiling water if necessary to keep the gammon covered
- Once the gammon is tender but still holding its shape, lift ham out and pour the liquid away
- Let the ham cool a little while you heat the oven to 190c/170c fan/ Gas 5
- Put ham into foil lined roasting tin, cut away the skin and any string and score the fat in a criss-cross pattern
- Mix all the glaze ingredients together and pour half of the mixture over the gammon fat
- Roast the gammon for 15 minutes, then pour over the rest of the liquid and return to the oven for another 30 minutes. Let it cool and baste with any of the glaze that's left in the tin.

Serving suggestions

- Can be roasted on the day of serving or up to 2 days ahead and then serve cold
- Try with fried eggs and chips, or baked potatoes - or in delicious ham sandwiches!

Thanks to BBC Good Food for inspiring this recipe