

How to cook Gammon

When your Gammon Arrives

To defrost the Gammon take it out of the freezer and remove it from its packaging. Place it on a plate and leave it out at room temperature for one day. Alternatively, place the plate of Gammon in the fridge and allow it to gently thaw for 2 days.

Method

1. The night before you plan to cook your Gammon, take it out of its wrapping and soak it overnight in a bowl full of cold water.
2. Fill a large casserole dish with water and gently bring the Gammon to the boil. Discard the water, rinse and pop the joint back into the empty pan and refill with fresh cold water.
3. Cut an onion in half, snap off a stick of celery, chop a carrot in half and submerge in the water. Add a few bay leaves and some cloves. Then place the pan back over a medium heat, bringing the pan to a simmer, while being careful not to boil.
4. Cook the Gammon for 40 minutes per kilo.
5. Once cooked remove the Gammon from the saucepan and place it into a roasting dish. Remove the rind, score the fat and slather over the glaze of your choice. Stud the Gammon with cloves, orange peel and bay leaves and place the roasting dish into a preheated oven set to 180°C and bake for 15-20 minutes per kilo.

