

More than 1 hour

Serves 8-12

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Ingredients:

- 1 large (about 2kg) deboned smoked gammon
- 2L (8 cups) ginger ale (ginger beer works well too)
- 1L (4 cups) pineapple juice
- 3 bay leaves
- 8 peppercorns

Glaze:

- 1 cup (250ml) pineapple juice
- $\frac{3}{4}$ cup (180ml) honey
- $\frac{1}{2}$ cup (125ml) dark rum
- 2-3 star anise
- 1 stick cinnamon

For serving:

- Fresh coriander, fresh cherries and pomegranate rubies

GOOD IDEA

The alcohol will cook away during simmering and leave a taste of molasses, so this is a family-friendly recipe. If you want to leave out the rum, use half the honey and add ¼ cup demerara sugar instead.

Method:

1. Place gammon in a large 4L pot.
2. Add ginger ale, pineapple juice, bay leaves and peppercorns.
3. Pour in enough water to cover the gammon completely, and put a plate (or something heavy) on top to keep the meat submerged in the liquid.
4. Bring to a simmer and cook gammon for 20 minutes per 500g (about 80 minutes for a 2kg gammon).
5. Remove meat and allow to cool slightly so that you can handle it.
6. Discard any netting and pull off the thick skin (it should come off easily while still warm.)
7. Score fat, taking care not to cut through to the meat or it will dry out. (If you want to stud your gammon with cloves, do so now.)
8. Preheat oven to 200°C.
9. Combine glaze ingredients in a pot and simmer for 10 minutes or until thickened.
10. Brush gammon with some glaze and roast for 20-35 minutes until the fat is golden-brown all over, glazing the roast every 5 minutes.
11. Serve sliced gammon with coriander, cherries and pomegranate rubies scattered around it.

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