

## For the gammon

1 x 675g piece gammon  
½ onion, sliced  
1 small carrot, cut into chunks  
1 bay leaf  
2 parsley stalks  
6 black peppercorns  
20 cloves

## For the marmalade glaze

1½ Tablespoon orange Marmalade (or Lime)  
1½ Tablespoon brown sugar  
1½ Honey  
Lemon /Lime Juice to taste

## If the Gammon is not salted start at step 2

1. Place the gammon in a saucepan and cover with cold water. Bring it up to the boil, reduce the heat and simmer for 20 minutes to remove some of the salt. Remove from the saucepan and pour away the water.
2. Return the gammon to the pan, cover with ½ cold water and ½orange juice, add the onion, carrot, bay leaf, parsley stalks and peppercorns. Bring to the boil, reduce the heat to a slow simmer and allow to cook for 20 minutes per 450g
3. While the gammon is cooking make the marmalade glaze: Place all the marmalade ingredients (including the cooled orange shreds) into a small pan. Bring to a simmer and cook for 5 minutes, stirring occasionally until the mixture has thickened and is syrupy.Allow to cool
4. Preheat the oven to 220°C/424°F/Gas Mark 7.
5. Leave the gammon to cool slightly in the stock. Then lift out and carefully peel back and remove the skin and a little of the fat.
6. Spread the marmalade evenly over the top and sides of the gammon.
7. Place in the oven on a lined baking tray and bake for 15 minutes or so until dark and sticky.  
Baste every 4 minutes

## Conversion chart

<u>Imperial</u>	<u>Grams</u>
1oz	28.5
2ozs	57
3ozs	85.5
4ozs	114
8ozs	227
16 or 1lb	454

<u>Spoons</u>	<u>grams</u>
¼tsp	1.25ml
½tsp	2.5ml
1tsp	5ml
1dsp	10ml
2tbsp	15ml

<u>Fluid ozs</u>	<u>ml</u>
1	28.4
2	56.8
3	85.2
4	113.6
8	227.2
20 or 1 pint	568

### Please note:

1ml of water weighs 1g ∴ 200 ml of water weighs 200 grams