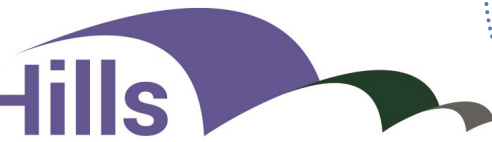


Taste the Hills



Recipes and Tips

Glazed gammon

Unsmoked gammon—about 2.25 kg

500ml apple juice or cider

1 tbsp juniper berries

4 cloves garlic, bruised

1 onion, quartered

2 tbsp Worcester sauce

1 tbsp black treacle

1 tbsp English mustard

2 tbsp dark brown sugar

1 tbsp cloves

To get rid of some saltiness I soak the gammon overnight then throw out the water but it depends on the gammon supplier.

Put the soaked gammon into a slow cooker (or casserole) with the cider (or apple juice), juniper berries, garlic, onion and Worcester sauce. Top up with water so that the liquid comes half way up the sides of the meat. Smear with the treacle and cook slowly with the lid on for at least 5 hours. Keep the cooking liquid.

When ready to roast it, turn on the oven to 180 degrees. Place the gammon into a roasting tray. Remove the rind from the meat and score it with a sharp knife. Slather it with mustard and then pat on the sugar. Stud the whole thing with cloves and pour enough liquid in to come up by about an inch all round. Tent it loosely with foil and bake for about 40 minutes. Take off the foil and carry on cooking for about another 15 minutes to get the colour just right. Serve hot with some of the reduced liquor or slice it when cold.

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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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