

Cola, ham with maple and mustard glaze

PREP: 10 MINS

COOK: 3 HRS, 15 MINS

EASY SERVES 6 - 8

Cook a juicy gammon joint in a cinnamon-spiced stock, then add a sticky syrup and clove sauce and serve in thick slices.

Ingredients

2kg unsmoked boneless gammon joint

2l cola (not diet)

1 carrot

CarrotCarrot ka-rot

The carrot, with its distinctive bright orange colour, is one of the most versatile root..., chopped

1 onion, peeled and quartered

1 stick celery, chopped

1 cinnamon stick

½ tbsp 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

1. Put 2kg unsmoked boneless gammon joint in a large pan and cover with 2l cola. Add 1 chopped carrot, 1 quartered onion, 1 chopped celery stick, 1 cinnamon stick, ½ tbsp peppercorns and 1 bay leaf.
2. Bring to the boil, then turn down to simmer for around 2 ½ hrs, topping up with boiling water if necessary to keep the gammon fully covered.
3. Carefully pour the liquid away, then let the ham cool a little while you heat the oven to 190C/170C fan/gas 5.
4. Lift the ham into a roasting tin, then cut away the skin leaving behind an even layer of fat. Score the fat all over in a criss-cross pattern.
5. Mix 150ml maple syrup, 2 tbsp wholegrain mustard, 2 tbsp red wine vinegar and a pinch of ground cloves or five-spice in a jug.

6. Pour half over the fat, roast for 15 mins, then pour over the rest and return to the oven for another 30 mins, baste half way through.
7. Remove from the oven and allow to rest for 10 mins, then spoon more glaze over the top. *Can be roasted on the day or up to 2 days ahead and served cold.*