



Tips for Preparing & Cooking your Fosse Gammon

Roast or Baked Ham

1. Place your gammon in a watertight container and cover with cold water.
2. Place container and the contents into the refrigerator for 24hrs.
3. Remove your gammon from the container and discard the water.
4. Pat dry your gammon with a clean dry cloth.
5. Preheat the oven to 180 degrees Celsius.
6. Place gammon on a baking tray and cover with baking foil.
7. Bake for 40-45 minutes per 1kg. (The internal temperature of your ham should reach 72 degrees Celsius; we recommend the use of a food safe thermometer to make sure).
8. Remove baking foil for the last 10 - 15 minutes of cook time.



If you wish to honey glaze your ham...

- Remove gammon and baking tray from the oven
 - Gently remove skin when cool enough to handle, making sure to keep the securing strings in place.
 - Generously drizzle a minimum of half a pot of Fosse Meadows Honey over your baked ham.
 - Increase oven temperature to 210 degrees Celsius and return your ham to the oven until caramelized and golden, basting occasionally.
9. Remove from oven and rest for approximately 15 minutes, slice and enjoy hot or cold.

Classic Boiled Ham

1. Place your piece of gammon into a lidded stove top stock pot or saucepan and cover with water and bring to the boil.
2. Once boiling reduce the heat to a simmer, allowing 40 to 45 minutes per 1kg. (The internal temperature of your ham should reach 72 degrees Celsius; we recommend the use of a food safe thermometer to make sure).
3. If you wish, gently remove the skin when cool enough to handle making sure to keep the securing strings in place.
4. Rest for approximately 15 minutes, slice and enjoy hot or cold.

Find further recipes at BBC Good Food or Diana Henry's recipes at The Telegraph online

