



Apple Cider Glazed Xmas Ham

EASY • 2 HOURS

In a time when simple pleasures at home have become more important than ever, we're celebrating the ones passed down to us for generations. Like the glazed honey ham that has a spot reserved on the table every. single. year.

(Suitable for 8kg whole leg of ham)



SKILL LEVEL
Easy

PREP TIME
30 mins

COOKING TIME
90 mins

SERVINGS
8-10

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 360g (1 cup) **Capilano Manuka Honey**
- 500ml (2 cups) dry apple cider
- ½ cup apple cider vinegar
- 2 tsp wholegrain mustard
- 3 bay leaves
- 6 cloves

Used in this recipe



AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of *Leptospermum* (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

Method

1. Combine all glaze ingredients in a medium saucepan and heat gently until combined. Bring to a boil for 10-15 minutes until glaze has reduced in volume and become syrupy. Strain to remove herbs and transfer to an airtight container or jar. Allow to cool on benchtop before chilling.
2. Adjust oven to remove all shelves except one, placing in lowest position of oven. Preheat oven to 180°C (fan-forced). Line a large roasting tray with 2 layers of baking paper.
3. To prepare ham, remove rind by cutting a semi-circle around the hock, then run knife under the skin to lift, running your fingers between the rind and fat to remove, then trim excess fat. Wrap the ham hock in baking paper then aluminium foil.
4. Use a sharp knife to score fat in a diamond pattern, about 5mm deep. Transfer to prepared tray and brush with glaze, using approximately 1/3 of the mixture. Bake for 90 minutes, brushing with glaze every 25 minutes until golden and caramelised.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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