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	PREP TIME	COOKING TIME	SERVINGS
Easy	30 mins	90 mins	8-10

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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



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

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 premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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.

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