

# LINCOLNSHIRE FOOD & GIFT

AT THE SHOWGROUND

## Jane Tomlinson, Redhill farm free Range Pork Ltd

Traditional Baked & Glazed Ham

### ingredients

- a Redhill farm dry cured ham joint
- Demerara sugar
- Cloves (Optional)
- a strong English mustard

### method

1. Set oven to 160C/325F/gas mark 3, or TOP oven aga
2. Place ham in the centre of roasting tin on top of a large piece of tin foil. Wrap foil up and over the ham leaving room for air to circulate round the ham and seal all edges so that the steam will not escape (use two pieces of foil crossed if cooking a large ham)
3. Bake in the oven for 20 minutes/lb for ham on the bone and 30 minutes/lb for boned ham joints
4. Take out of the oven before the last 30 minutes to glaze
5. Remove foil and discard. Place ham on board to work. Score rind in strips with a sharp knife and peel off leaving some fat on the ham for glazing. If using cloves, score surface in a diamond pattern and stud the centre of each diamond with a clove. Spread a layer of strong English mustard over the surface and then sprinkle on a good layer of Demerara sugar until all the mustard is well covered
6. Put back into the oven in a roasting tin for approximately 20 minutes until golden brown. Remove from tin and cool