



Apricot & ginger ham



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



15

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 kg ham bone smoked raw (ask your butcher if your ham needs to be soaked before cooking- some are pre-soaked to save you time)
- ☐ 2 l prepare as
- ☐ 2 bay leaves
- ☐ 6 allspice whole
- ☐ 6 peppercorns black
- ☐ 30 cloves whole
- ☐ 1 tsp ground ginger
- ☐ 340 g apricot preserves

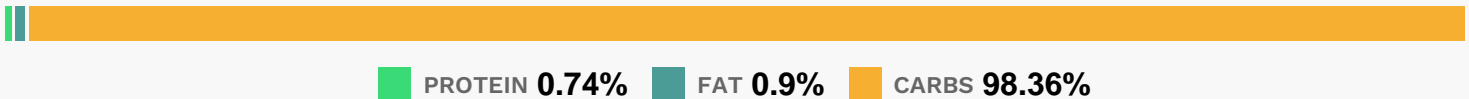
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ If your ham needs soaking, do this the day before cooking. Put it in a large pan (a preserving pan is great for this). Cover the ham with cold water and leave to soak in the fridge for 24 hrs, changing the water twice.
- ☐ Pour away the soaking water and rinse the pan. Return the ham to the pan and add the ginger beer, bay leaves, allspice, peppercorns and 6 of the cloves. Top up the liquid with enough water to cover the ham. If the bone sticks out of the liquid, dont worry just rotate the ham halfway through cooking. Put over a medium heat and bring to a gentle simmer, then cover with a lid or a piece of foil. Leave to cook for 2 hrs, topping up with water as it cooks.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ When the ham is cool enough to handle, discard the cooking liquid and pat the ham dry. Use a small, sharp knife to pare the rind away from the ham, leaving a layer of fat attached to the meat. Score the fat in a diamond pattern and stud all over with the remaining cloves.
- ☐ Put the ham in a roasting tin.
- ☐ Mix together the ginger and jam and brush the mixture over the ham. Roast for 1 hr until golden and glistening.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:7.35, Inflammation Score:-1, Nutrition Score:1.3773913181022%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 101.82kcal (5.09%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.42g (9.61%), Sugar: 21.69g (24.1%), Cholesterol: 0mg (0%), Sodium: 19.56mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.31mg (15.71%), Copper: 0.05mg (2.47%), Vitamin C: 2.02mg (2.45%), Iron: 0.43mg (2.41%), Calcium: 11.74mg (1.17%)