



Aromatic Spiced Ham

 Gluten Free  Dairy Free

READY IN



230 min.

SERVINGS



12

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon coriander seed
- 1 head fennel bulb halved
- 1 tablespoon fennel seed
- 2 garlic cloves unpeeled
- 0.5 teaspoon ground cinnamon
- 4 pounds mild-cure gammon boneless
- 1 large onion halved
- 1 tablespoon peppercorns mixed

- 4 tablespoons currant jelly red
- 250 ml red wine
- 0.5 teaspoon red wine vinegar
- 1 teaspoon paprika smoked
- 2 star anise
- 16 cloves approximately whole

Equipment

- frying pan
- sauce pan
- oven
- knife
- whisk
- aluminum foil

Directions

- Place the gammon in a large saucepan.
- Add all the ingredients for the ham to the pan, adding more water if the ham isn't covered. Bring to the boil, before reducing the heat to a simmer and partially covering the pan. Cook for about 2 1/2 to 3 hours, approximately 1 hour a kilo simmering time, plus an extra 15 minutes.
- When you are ready to glaze the ham, preheat oven to 440 degrees F (230 degrees C).
- Remove the ham from the liquid and sit the ham on a board. Strip off the rind, and a little of the fat layer if it's very thick, and cut a diamond pattern into the remaining fat with a sharp knife in lines of about 3/4-inch apart. Stud each diamond with a clove.
- Put the jelly, cinnamon, paprika and red wine vinegar into a saucepan and whisk together over a high heat bringing it to the boil.
- Let the pan bubble away so that the glaze reduces to a syrup-like consistency.
- Place a layer of foil over a roasting tray big enough to hold the ham.
- Place the ham on top of the foil.

Pour the glaze over the clove-studded ham and then transfer it to the oven. Cook for about 15 minutes, or until the glazed fat is burnished. Allow the meat to rest in a warm place for at least 15 minutes before carving it.

Nutrition Facts

PROTEIN 61.63% **FAT 20.06%** **CARBS 18.31%**

Properties

Glycemic Index:19.08, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:19.872173796529%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.92mg, Malvidin: 2.92mg, Malvidin: 2.92mg, Malvidin: 2.92mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 239.71kcal (11.99%), Fat: 4.89g (7.52%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.98g (2.9%), Sugar: 4.72g (5.25%), Cholesterol: 93.74mg (31.25%), Sodium: 133.22mg (5.79%), Alcohol: 2.24g (100%), Alcohol %: 1.32% (100%), Protein: 33.78g (67.56%), Vitamin B1: 0.84mg (56.14%), Manganese: 1.08mg (53.85%), Vitamin B3: 9.42mg (47.1%), Selenium: 32.77µg (46.81%), Vitamin B6: 0.9mg (45.03%), Phosphorus: 383.75mg (38.38%), Vitamin B2: 0.55mg (32.11%), Potassium: 720.82mg (20.59%), Zinc: 2.99mg (19.96%), Vitamin K: 15.8µg (15.05%), Magnesium: 49.57mg (12.39%), Vitamin B5: 1.09mg (10.9%), Iron: 1.82mg (10.13%), Vitamin B12: 0.54µg (9.07%), Copper: 0.18mg (8.88%), Fiber: 2.06g (8.26%), Calcium: 57.86mg (5.79%), Vitamin C: 4.24mg (5.14%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.45µg (3.02%), Vitamin A: 127.65IU (2.55%), Folate: 9.18µg (2.29%)