

Honey & Pineapple Basted Leg Ham

With Port Wine Sauce, Sweet Potato Mash, Steamed Broccoli, Parsnips

Allergens – Pork, Dairy, Sugar

Ham

Serves 8

6-7 kg whole leg ham on the bone
110 g brown sugar
80ml each maple syrup and honey
100 ml pineapple juice
1 tbs Dijon mustard

Method

1. Preheat oven to 180°C. Remove skin from ham, leaving fat on. Score fat in a diamond pattern. Place ham on a rack in a baking pan and fill with 5cm water. Set aside.
2. Warm sugar, syrup, pineapple juice, honey and mustard in a pan over medium-high heat, stirring until combined. Brush glaze over ham, and then bake for 45 minutes, basting every 15 minutes, until golden and caramelized.
3. Thinly slice ham, then serve with sides and port wine sauce, drizzled with some of the syrup and garnished with chervil.

Broccoli - Blanch and re-heat as needed.

Parsnips – Rough / chunky cut peeled parsnips, mix with salt, pepper, rosemary, thyme and olive oil and roast on baking trays till well cooked and coloured

Sweet potato mash – Peel sweet potatoes and coarsely cut. Sauté in olive oil, add vegetable stock to cover and simmer until very soft. Mash with some butter, season to taste.

Port wine sauce – Prepare proper demi-glace with veal bones, prepare port wine reduction, combine, strain, season to taste, finish off with some butter flakes to smoothen out.