

Baked Gammon with Pineapple

Serves: 10

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients: (10 persons)

2.5kgs PRIME cooked boneless gammon

1 tin pineapple slices

20 cloves

10 glazed red cherries

1 tablespoon brown sugar

½ cup white wine



Method:

Place the gammon joint on a flat baking dish

Score the skin diagonally

Layer the pineapple rings on top of the gammon

Place a cherry in the centre of each pineapple ring

Stud the cloves into the ham. Pour the wine on top

Sprinkle the sugar over the joint

Cover with aluminium foil

Bake in a moderate oven for approximately 20 minutes

Serving Tips:

Remember that this joint of gammon is already cooked so do not over bake as it will dry up

The gammon can be served hot or cold and is an ideal recipe during the festive season

This dish is very easy to prepare with no wastage at all

Leftovers can be used in salads, sandwiches or as an antipasto