



HAM

Pineapple Syrup Glazed Ham

Preparation Time

10 Minutes

Cooking Time

Allow 15 - 20 minutes per 500g.

Ingredients

For Syrup Glaze:

1/2 Cup Pineapple Juice

1 Cup Brown Sugar

3 Tbspn Pineapple of Apricot Jam

1 Tblspn Dijon Mustard

Qty Pineapple Rings, Cherries, Toothpicks.

Cooking Instructions

Preheat Oven to 170 - 180 degrees celsius. Place all syrup glaze ingredients into a saucepan and stir to the simmer until sugar dissolves.

Cut skin at the knuckle end and gently peel off rind and discard. Be careful not to tear the fat. If you wish, trim and score the fat with a 5mm. deep diamond pattern. Weight Ham to calculate cooking time.

Place ham in an oven dish. Rub ham well with mustard. Brush with glaze and bake until hot through. Allow 15 minutes per 500g.

Brush with syrup during cooking and until golden brown. Ham is cooked when golden in colour and the juices are hot when pierced in the thickest part with a clean fork or skewer. Ideally, when the internal temperature reaches 71 degrees celsius.

Allow ham to rest for 15 - 20 minutes in a warm place to ensure juices settle and make it easy to carve with a sharp knife. Decorate with Pineapple and Cherries in the end. Serve with Mustard or favourite sauce.

Other Important Tips

- Place a cup of hot water in the oven tray during cooking
- Cooking time will depend on the thickness of the ham cut
- Increase heat towards the end of cooking to further colour if required.

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