

Cola & black treacle ham

Use this ham for my ultimate cheese toastie or eggs benedict recipe.

Ingredients

2kg boneless gammon joint
2ltr cola
Rapeseed oil
1 celery stick, roughly chopped
1 carrot, peeled and roughly chopped
1 onion, peeled and roughly chopped
3 bay leaves
1 Tbsp black peppercorns

For the glaze

150g black treacle
1 Tbsp wholegrain mustard
3 Tbsp demerara sugar

Method

In a large pot heat a splash of rapeseed oil over a medium heat. Add the roughly chopped celery, carrot and onion, then cook until golden brown, around 2 – 3 minutes.

Place the gammon in the pot with the browned vegetables and completely cover with the cola. Add the bay leaf and peppercorns.

Bring to the simmer, then allow to simmer for around 2 ½ hours. Cover the top of the pot with a cartouche, which will help prevent too much liquid from escaping. But it's still worth checking every so often to top up the pot with water – the gammon must stay submerged.

(For how to make a cartouche, see my baked cheesecake recipe.)

While the gammon is cooking, prepare the glaze: Place the treacle, mustard and demerara sugar in a heatproof bowl over a pan of simmering water. Stir to mix the ingredients together and the sugar begins to dissolve.

Preheat the oven to 170C full fan.

Check the temperature of the gammon with an instant read thermometer – it should be around 63C. Carefully tip away the liquid, discarding the vegetables, then place the gammon in a roasting dish lined with baking parchment all the way up the sides.

Carefully trim away the rind and a little of the excess fat. Score the remaining fat in a crisscross pattern, then stab the gammon a few times with a metal skewer. Spoon the glaze over the gammon.

Roast in the oven for 10 minutes, then baste. Roast for a further 10 – 15 minutes or until a deep golden colour.

Remove from the oven, baste again and rest for 15 minutes before carving or allow to cool completely if using as cold sliced ham. Keeps up to 3 days in the fridge.