

# CRANSTONS CURED BACON

## RECIPE CARD



*Gammon in Cider with Apple Syrup*

## GAMMON IN CIDER WITH APPLE SYRUP

1kg Cranstons Home Cured Gammon Joint • 1 ltr Cider • 1 ltr Apple Juice • 150g Sugar • 2 Star Anise • 1 Cinnamon Stick • 2 Bay Leaves • 2 Cloves • 2 tbsp English Mustard • 1 tbsp Honey • 1 tbsp Cider Vinegar

**COOKING TIME:** 90 MINS **SERVES:** 6 - 8

- Pre-heat oven to 190°C / Gas Mark 5. Place the Cranstons Gammon Joint in a large pan, pour in the cider and half the apple juice to cover the gammon (top up with water if necessary) then add the spices.
- Bring pan to the boil. Simmer for 45 - 60 mins until just cooked. Remove from the heat and set aside to cool in the cooking juices.
- **For the glaze:** Mix mustard, honey and vinegar together. Drain gammon and place on a baking tray, keeping the juices for later. Brush glaze over the gammon and cook in the oven for 20 mins or until it has glazed nicely. Set aside to cool.
- **For the syrup:** Add sugar, the remaining apple juice and a ladle of the cooking juices to a pan. Reduce the mix until it is a light caramel colour then remove from the heat. Remember to take out any star anise before serving.

*Serve with seasonal veg or enjoy any leftovers in a sandwich!*

PTO FOR...  
**TAGLIATELLE  
CARBONARA**

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