

**INGREDIENTS:**

- 1 gammon joint weighing about 1.2kg
- 1 onion
- 1 carrot
- 1 stick celery
- 1 bay leaf
- 20 black peppercorns
- 1 tablespoon mustard powder
- 2 tablespoons honey

**TIME:** 3 Hours**SERVING:** 4 people

Place the gammon, onion, carrot, celery, bay leaf and peppercorns in a large pan, add enough water (or a mix of cider and water) to cover, bring to a boil and simmer gently for two hours. Remove from the pan, cut away the rind - which should almost fall off - and cut a diamond pattern on the fat with a sharp knife. Warm the honey in a small pan, mix in the mustard, paint all over the joint and roast for 20 minutes at 190C gas mark 5.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**