

BAKED SUFFOLK HAM WITH CHUNKY FUNKY CHUTNEY

Piece of Ham (size and cure of your choice)

4-6 oranges, sliced

A selection of approx. 150g ready-to-eat dried fruit (pineapple, dates, papaya, prunes, apricots, figs, mango)

75g Muscovado Sugar

2 Star Anise

4 tbsp Runny Honey

150ml Apple Juice

Lay a large piece of tin foil onto a baking tray.

Slice the oranges and spread onto the foil.

Arrange all the dried fruits on top of the oranges (you may want to cut some of the larger fruits into smaller pieces).

Tuck the star anise into the fruit.

Sit the piece of ham on top of the fruits.

Pour the honey over the ham followed by the apple juice.

Fold the foil over the ham, so it is completely enclosed and place in a hot oven.

Cook the gammon at 180/190 for 20 minutes per lb/45 minutes per kg. If you have a home thermometer the centre of the ham should be at 74c.

Serve thickly sliced hot or leave to cool and serve with the chunky chutney and salad and some of the fruits from under the baked ham.

CHUNKY FUNKY CHUTNEY

1 Star Anise

75g Dried Papaya

75g Dried Figs

75g Dried Mangoes

50g Crystallised Ginger

75g Dried Pineapple

75g Dried Apricot

150ml Apple Juice

Few shakes of Balsamic Vinegar

75g Muscovado Sugar

Finely dice all dried ingredients.

Place the fruit in a heavy based pan. Add the muscovado sugar and the apple juice and stir well. Add a few shakes of balsamic vinegar and the star anise. Soften the chutney on a very low heat and let it bubble until the mixture has thickened. You may need to add a little bit more apple juice as the chutney cooks. Taste and add extra balsamic if necessary. Leave to cool and serve with the ham.