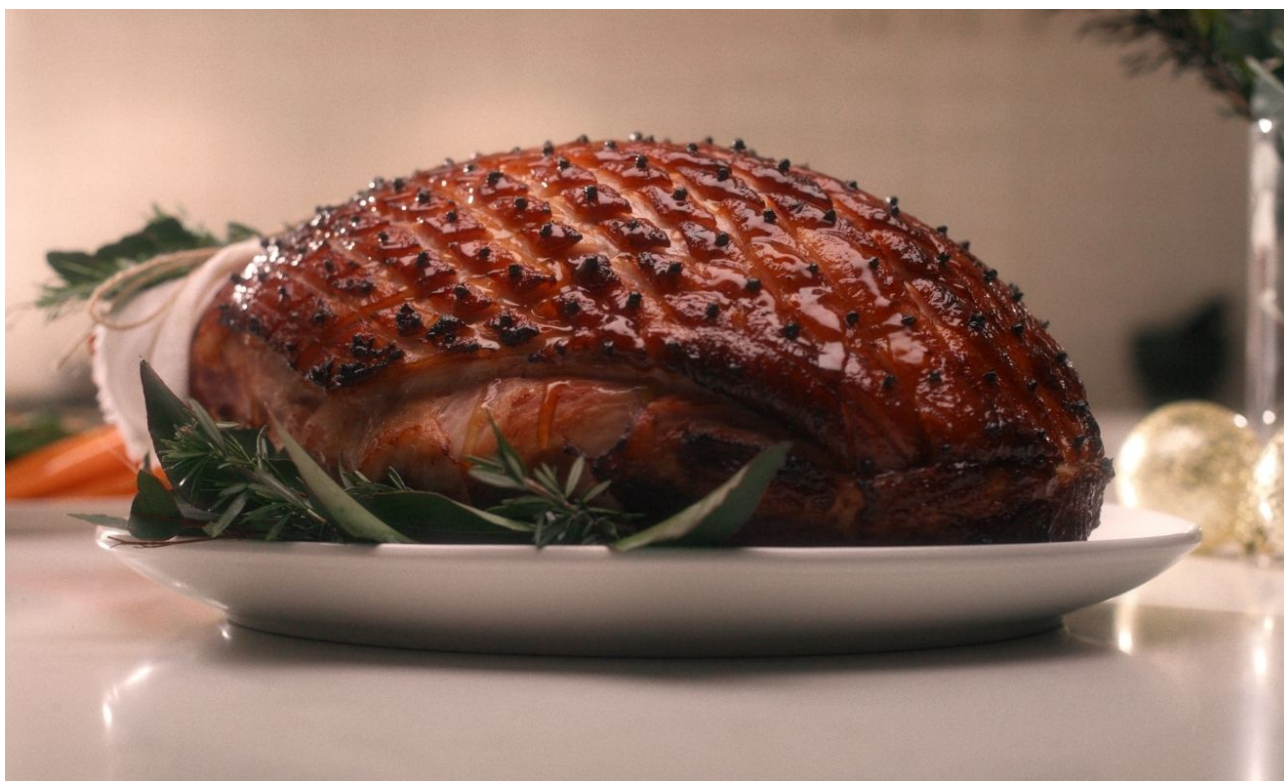




Aunty Pru's Capilano Honey Mustard Glazed Ham

EASY • 2 HOURS

Aunty Pru's Capilano-Glazed Christmas ham... perfected a generation ago and loved even more now. Why not create this iconic recipe for your family this Christmas!



SKILL LEVEL

Easy

PREP TIME

30 mins

COOKING TIME

90 mins

SERVINGS

8-10

Ingredients

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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- 540g (1 ½ cups) Capilano Pure Honey
- 200g (1 cup) brown sugar
- 2 tbsp Dijon mustard
- Whole cloves, to stud ham

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of *Leptospermum* (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

1. Combine all glaze ingredients in a small saucepan and heat gently until sugar has dissolved. Set aside.
2. Adjust oven to remove all shelves except one, placing in lowest position of oven. Preheat oven to 180°C (fan-forced). Line a large roasting tray with 2 layers of baking paper.
3. To prepare ham, remove rind by cutting a semi-circle around the hock, then run knife under the skin to lift, running your fingers between the rind and fat to remove, then trim excess fat. Wrap the ham hock in baking paper then aluminium foil.
4. Use a sharp knife to score fat in a diamond pattern, about 5mm deep, then stud the middle of each diamond with a clove. Transfer to prepared tray and brush with honey mustard glaze, using approximately 1/3 of the mixture. Bake for 90 minutes, brushing with glaze every 25 minutes until golden and caramelised.
5. Allow to cool slightly, then decorate the hock with fresh herbs or native eucalypt leaves and twine for an elegant table centrepiece.
6. Tip: For a deeper, more caramel flavour try Capilano Floral Manuka Honey for this recipe.

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