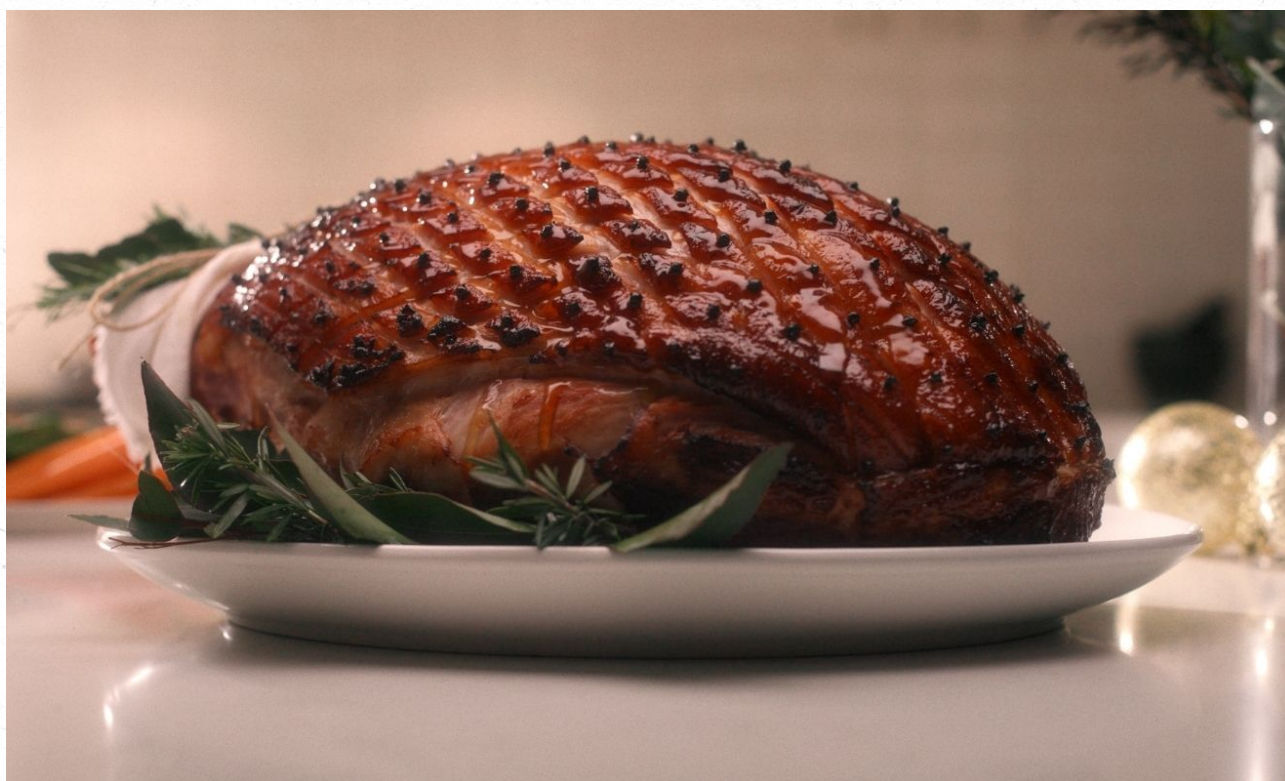




# Aunty Pru's Capilano Honey Mustard Glazed Ham

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

- 540g (1 ½ cups) [Capilano Organic Raw Honey](#)
- 200g (1 cup) brown sugar

## Method

1. Combine all glaze ingredients in a small saucepan and heat gently until sugar has dissolved. Set aside.

Visit [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



- 2 tbsp Dijon mustard
- Whole cloves, to stud ham

## Used in this recipe



### ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

#### Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

#### Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

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 aluminum 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 caramelized.

5. Allow to cool slightly, then decorate the hock with fresh herbs or native eucalypt leaves and twine for an elegant table centerpiece.

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