

Entertain with a Gammon



**SOUTH
AFRICAN
PORK**

Compiled by the South African
Pork Producers' Organisation

Great meat. Let's eat!



How to use this booklet

The juicy, succulent taste of Gammon on a festive table or buffet is unique. Its delicious smokey flavour always makes people at the dinner table go oooohhhh and aaaahhhh, and best of all, it's very little work for the host or hostess.

Get inspiration, ideas and tips from this booklet. Then cook and serve your own gammon with complete confidence.

The recipe are guidelines. They will all work if you make your own adaptations of them, by adding other ingredients or leaving some of it out.

Gammon is for sharing with family and friends. By putting one on the dinner table, you're making a proud and welcoming statement to those people who are important to you.

Order your gammon today, cook it and enjoy!





What size Gammon should I buy?

Bone in

This will be the cheapest option, but much more difficult to carve once it is cooked. (However, any experienced cook will not be afraid of a gammon with a bone in.)

Allow 250 g – 350 g of raw, uncooked gammon per person, and add 400 g – 500 g extra onto the final weight/mass, to compensate for shrinking during the cooking process.

Example - to cater for 6 people:

When buying raw gammon with a bone in, it will be 1,5 kg – 2,1 kg (6 people x 250 g – 350 g), plus then add on about 500 g onto the total weight/mass.

You will need a gammon of between 2 kg and 2,6 kg for 6 generous portions.

Boneless

A boneless gammon costs a bit more than one with a bone in, but the cooking and carving is much easier, and you can glaze it, slice it and present it more elegantly than gammon with a bone in.

Allow 220 g – 300 g of raw, uncooked gammon per person, and add 400 g – 500 g extra onto the final weight/mass, to compensate for shrinking during the cooking process.

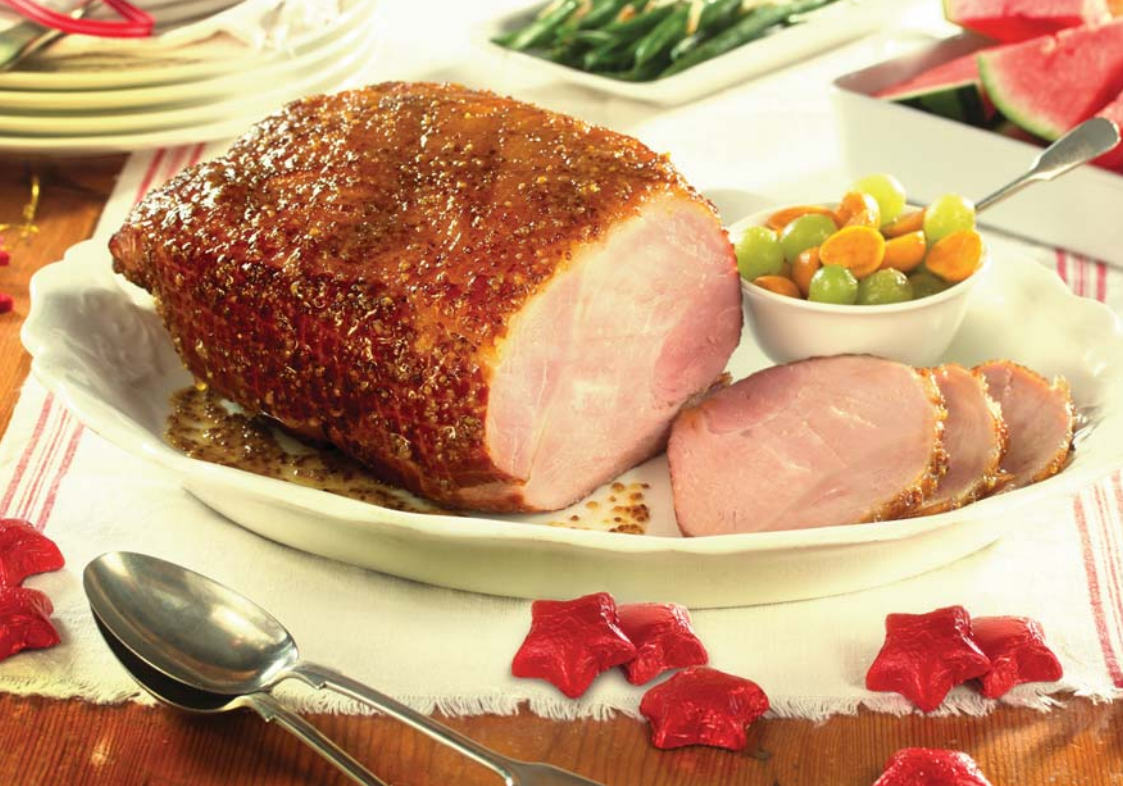
Example – to cater for 8 people:

When buying raw, boneless gammon, it will be 1,76 kg - 2,4 kg (8 people x 220 g – 300 g), plus then add on about 500 g onto the total weight/mass.

You will need a gammon of between 2,26 kg and 2,9 kg for 8 generous portions.

Cook's Tip

Most guests tend to eat more gammon at festive occasions than they would normally eat as their normal meat portions. We are therefore fairly generous in our recommendations of how much to buy. If you are catering on a really tight budget, you can make the portions smaller and add more side dishes like vegetables and potatoes onto your festive table.



How to cook a gammon

On these pages, we'll tell you about the four most popular ways of cooking gammon in South Africa, plus one fast and easy way for lazy cooks!

1 Cooking bag

This is perhaps the most popular way, ensuring a moist, tender gammon with no fuss.

Place the gammon in a big cooking bag in an oven roasting container (Corning Ware, Pyrex or a stainless steel roasting pan). Close the bag at the top with a tie and cut a few small slits in the cooking bag near the top so that steam can escape, but the cooking juices won't run out.

Pour approx. 250 ml liquid into the bag just before you close it. Use apricot/pineapple/apple juice, beer, rooibos tea, ginger ale, wine and water or a mixture of these liquids.

It is optional, but you can also place one onion (quartered), a few bay leaves, a few whole cloves and pepper corns, carrot and celery sticks and fresh herbs into the cooking

liquid before closing the bag.

Place in a pre-heated oven (180°C) and roast or bake until the gammon is tender.

Calculate the cooking time as follows: one hour per kilogram, plus 20 – 25 minutes extra at the end. When the gammon is tender, allow it to cool off in the cooking bag if it is not served immediately.

2 Slow roasting in tinfoil

Rub the gammon with a bit of olive oil all over, and wrap tightly in tinfoil with the shiny side towards the meat.

Place the wrapped gammon in an oven roasting dish and add 200 – 250 ml liquid to the bottom of the roasting pan. (See our list of recommended liquids under the cooking bag section).

Place in the oven and follow the same procedure as for the cooking bag section above. When the gammon is cooked and it is not served immediately, allow it to cool down in the tinfoil (to preserve the juiciness of the meat).

3 Simmer in a pot

This method saves a lot of electricity, providing you have a pot with a tight fitting lid big enough so that your gammon will fit into the pot.

Pour 500 ml liquid (see recommended liquids under cooking bag method) into a pot and add flavourings such as onion quarters and other ingredients as described in the cooking bag section above.

Add the gammon to the liquid and simmer over low heat for 90 minutes – 2 hours, depending on the size of the gammon. Calculate the simmering time by allowing roughly one hour per kilogram, plus 20 minutes extra at the end.

Cover the pot with a tight fitting lid during the simmering process, and add a bit more liquid from time to time should the liquid cook away.

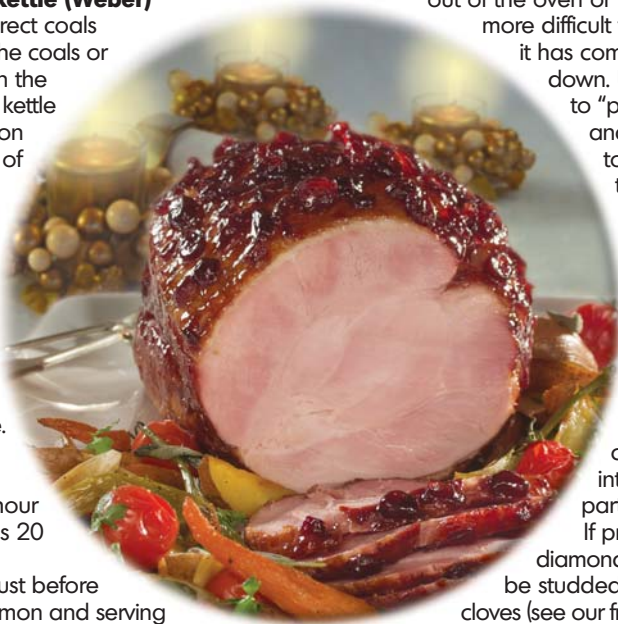
When the gammon is cooked and not served immediately, allow it to cool down in the simmering liquid in the pot.

4 In a braai kettle (Weber)

Use the indirect coals method (where the coals or briquettes are on the side of the braai kettle and your gammon sits in the centre of the braai kettle) and roast the gammon very slowly over medium-low heat with the lid placed tightly onto the braai kettle. Turn over from time to time.

Calculate the cooking time roughly as one hour per kilogram plus 20 minutes extra.

Open the lid just before glazing the gammon and serving it. (See glazes on page 4.)



5 Cheat and eat

You can also grab and go if you don't feel like cooking your own gammon. Most supermarkets and good butcheries will cook and glaze your gammon for you. You simply take it home, heat it up and serve it.

The golden rule: order your cooked, glazed gammon **very well in advance**, as last minute orders are often impossible to fulfill by the overworked butchery staff!



A gammon is cooked when you pull or tear a piece of the flesh off with your fingers and it tears very easily.

Another way of testing is to use a thin wooden or metal skewer towards the end of the cooking period. Push the skewer until its point is approximately in the centre of the gammon. If it slides in and out easily, the gammon is cooked.

Removing the skin

It's best to remove the outer skin on the gammon as soon as possible after it comes out of the oven or the pot. It will be more difficult to remove when it has completely cooled down. Use a sharp knife to "peel" the skin off and trim the fat layer to a thin or slightly thicker layer, according to your preference.

Cut the remaining fat layer into diamonds by making diagonal cuts into the fat. Be careful not to cut into the pink, fleshy part of the gammon. If preferred, the diamond shapes can now be studded with whole cloves (see our front cover picture).



Glaze it for more glamour

A shiny glaze on top of your gammon gives the final gourmet touch. It looks and tastes great - and it's easy to do. A glaze is essentially a mix of two or more ingredients that is then painted onto the gammon to finish off the taste and appearance.

There are two types of glazes:

Sticky, soft glazes

Use enough ingredients to give you at least half a cup (125 ml) of glaze. Taste the glaze before you paint it on the gammon, as you can then add more or less of your favourite ingredient.

Use the following mixtures as a guideline:

- Cranberry jelly and port, with added whole cranberries for texture
- Honey and wholegrain mustard
- Smooth apricot jam and smooth French mustard (add a dash of sherry)
- Smooth strawberry or raspberry jam with lemon juice (add a dash of brandy)
- Thick fig syrup and balsamic vinegar (white or red)
- Apricot puree and tomato chilli jam
- Honey and soy sauce, thickened with a cornflour paste
- Apple jelly, mixed with any berry jam and a little red wine
- Any ready-made glaze mixture bought at a good supermarket or butchery

Method: If your gammon has cooled down and you want to serve it hot, heat it up before putting the glaze on. Mix the ingredients for the glaze and paint thickly onto the gammon. Place the gammon in a hot oven and continue to paint the glaze on until it is quite thick and shiny. Carve and serve the gammon.

Sugar crusted glazed gammon

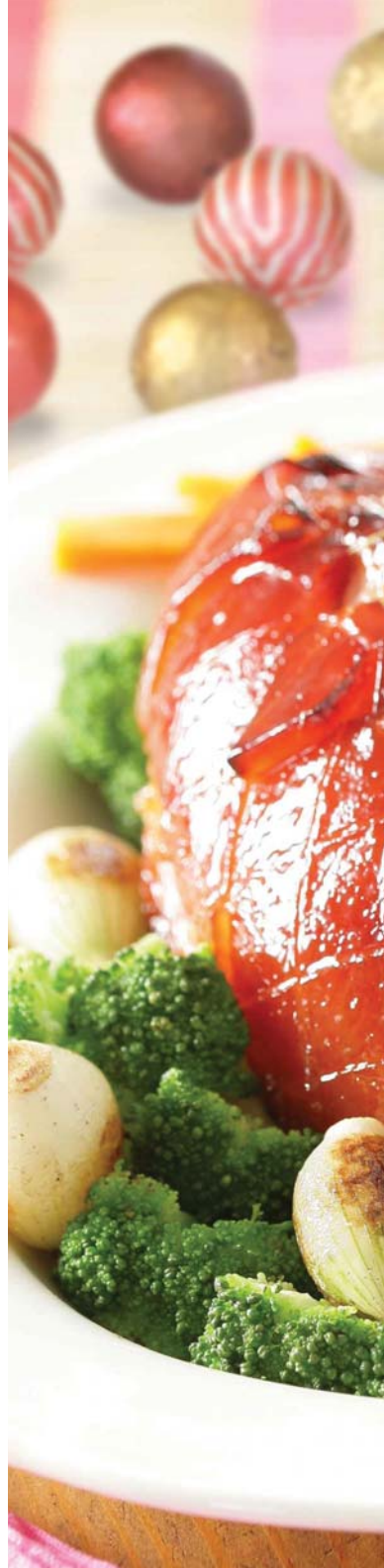
This gives a superb golden look to any glazed gammon. Simply paint on your favourite glaze mixture (choose from the list above), and then sprinkle a layer of white sugar over the glaze. Place the gammon in a hot oven with the oven grill turned on, until the sugar layer turns a golden colour.

Watch carefully to avoid burning it on top. Repeat the process a few times by painting glaze mixture on and sprinkling with sugar.

Serve hot as soon as the last sugar layer is golden and a bit crisp.

Decorating with fruit

Use fresh or glace cherries or maraschino cherries with stems, pieces or rings of tinned pineapple, soaked, soft eating dried apricots or tinned apricots, pieces or whole preserved green figs and/or pieces of waatlemoenkonfyt and any berries in rows or patterns on top of the gammon. Use toothpicks to secure the fruit onto the meat.





What to serve with gammon?

The lucky thing is that gammon is the most versatile meat dish of all!

In the same character as fresh pork, it is the only meat that combines fantastically well with both savoury vegetables and sweet fruits.

Use any of your favourite colourful veggies, but be adventurous and try baked fresh figs, grilled peach slices, a mixture of baked or poached apples, pears and quinces for a change.

Any fruit, served warm as an accompaniment, can be topped with minced, dried fruit, laced with brandy or sprinkled with toasted almonds or nuts for crunchy texture.

Potatoes in any form any or a steamy dish of savoury or yellow rice also goes down well with gammon.

And don't forget the apple sauce...





Information supplied by SA Pork Producers' Organisation (SAPPO)
For information on the SA Pork industry visit www.sapork.com
For more recipes and free PDF downloads of pork recipe booklets
visit www.TastyHealthyModernMeat.co.za

Photographs and styling: SAPPO, Adriaan Vorster and Heleen Meyer
Design and DTP: George de Braak
Recipes and Project co-ordination: Marieta Human

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