

Auntie Joy's Air Fryer Sticky, Sweet Gammon Joint (GF)

BALMORAL
SHOW 2025
14th-17th MAY

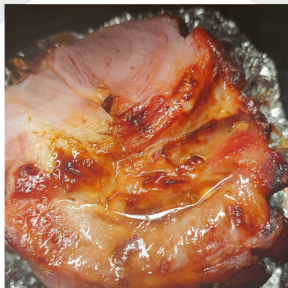


Ingredients

- 1 Unsmoked (approx. 1kg) gammon joint
- 1tsp Dijon Mustard
- 2 tbsp runny honey
- 3 tbsp dark brown sugar
- 2 tbsps. Bramley apple sauce

Method

1. Remove gammon joint from the outer cover and plastic wrapper.
1. Preheat Air Fryer @ AIR FRYER option for approx. 3 minutes, temperature set at 180C
3. Place gammon on a chopping board and pat dry with some paper towels. Place in a piece of tin foil that is going to allow you to wrap the gammon generously. Place the gammon thin side down.
4. Using a sharp knife slice into the fat of the gammon diagonally in one direction and then repeat in the opposite direction. Creating a 'criss cross design'.
5. Wrap the gammon loosely in the foil and set into the pre heated Air Fryer.
6. Cook wrapped gammon at 180C for 1 hr 10 minutes.
7. While gammon is cooking prepare your sticky paste. In a bowl place Dijon Mustard, runny honey and dark brown sugar, apple sauce and mix together.
8. When gammon is cooked push the foil down the sides of the gammon, creating a base at the bottom of the gammon to retain the sticky hot syrup.
9. Using a spatula cover all sides of the gammon with the sticky mixture, leaving the tin foil folded down.
10. Cook for a further 6-8 minutes.
11. When the gammon has a golden, tanned brown glow, remove from the Air Fryer and prepare to slice.
12. Remove the tin foil CAREFULLY and pour the DELICIOUS STICKY SYRUP into a sauce boat to pour over the gammon.



Recipe Created by JOY M ROLLSTON.
'Made With Love'

**Protect the planet and support local producers.
Eat fresh, Eat in season, Eat local.**



Department of
**Agriculture, Environment
and Rural Affairs**
www.daera-ni.gov.uk

