

Gammon Ham 派對火腿



INGREDIENTS 材料

Snake River Farms Gammon Ham 火腿 4.5-5Kg公斤

Apricot Ginger Glaze Ingredient : 杏薑燒汁材料:

Stem Ginger Preserve 生薑醬	200g克
Apricot Conserve 杏乾醬	200g克
Soft Apricot 杏脯肉	200g克
Green Apple 青蘋果	2 Each個
Apple Juice 蘋果汁	1 Liter公升
Pineapple Juice 菠蘿汁	150mL毫升
Superfine Dry Mustard 芥末粉	1 Tablespoon湯匙
Light Brown Sugar 黃糖	250g克

Equipment Required:
所需用具:

Roasting Pan 烤盤
Roasting Rack 烤架
Pastry Brush 油掃
6" long sharp knife 6吋長利刀
Aluminum Foil 錫紙
Medium Sized Heavy Bottom Saucepot
中型厚底醬汁鍋



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Method 烹調做法:

2

Combine the apple and pineapple juice in a sauce pot and boil until reduced by half.
將蘋果汁及菠蘿汁倒入醬汁鍋中煮至一半份量。



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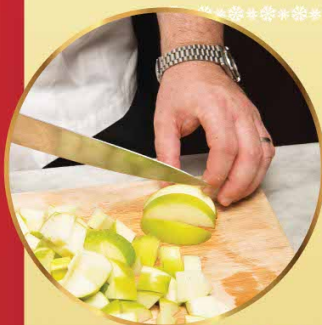
Preheat oven to 170°C. Place the ham into a roasting tray with a rack. Pour about 3 cups of water into the bottom then cover the entire tray with aluminum foil and place the ham into the pre-heated oven for 1 hour.

將焗爐預熱至170度。於烤盤中置入烤架及加入3杯水，將火腿放上烤架並用錫紙蓋好，烤焗1小時。



3

Cut the green apple and soft apricot in cube size.
將青蘋果及杏脯肉切成方粒狀。



4

Add the remaining glaze ingredients (stem ginger preserve, apricot conserve, chopped soft apricot and green apple, superfine dry mustard and light brown sugar) into the sauce pot and simmer for about 5 minutes then set aside.

於醬汁鍋中加入其餘杏薑澆汁材料(生薑醬、杏乾醬、切粒青蘋果及杏脯肉、芥末乾與黃糖)煮大約5分鐘，備用。



5

Remove the ham from the oven and allow the ham to rest for 5-10 minutes.
將火腿於焗爐中拿出後，放置一旁約5-10分鐘。



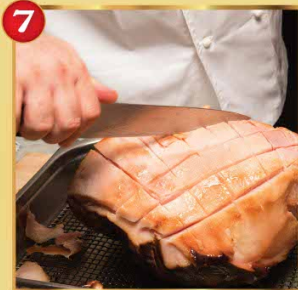
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With a sharp knife trim the outer skin from the ham, leaving about 1/8" thickness all around.
用利刀割走火腿外皮，但要預留大約1/8吋厚的外皮。



7

Cut a crosshatch pattern into the surface of the ham and return the ham to the oven, roast for about 12 minutes or until it begins to turn light brown.
於火腿表皮劃出交叉十字圖案，將火腿置入焗爐烤焗12分鐘或直至其表皮漸成淺金黃色。



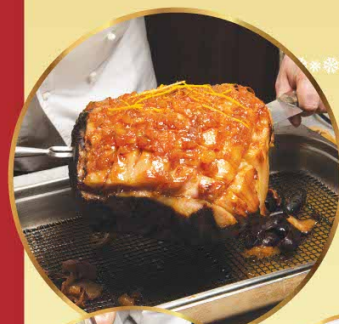
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Use a brush to paste the ham with glaze. Cook the ham for about 25-30 minutes.
用油掃將燒汁掃在火腿表皮上，再烤焗約25-30分鐘。



9

Remove the ham from the oven and allow to cool, strain the dripping from the bottom to the pan.
於焗爐中拿出火腿後，讓它留在烤架上冷卻，並讓肉汁自然流至烤盤中。



10

Pour it into a container and with a spoon remove the fat. Add some of the cooking juice to the remaining glaze reserve as a sauce for service.

其後將肉汁倒入盛器中，用湯匙撇走表面油脂。將肉汁加入剩餘的燒汁中，作為火腿的醬汁。

