



Mrs Sinclair's Boiled ham recipe With Cola!

Soak the joint in cold water for 6-12 hours.
Put a small upturned enamel plate in the bottom of a pan so that the joint won't come into contact with the bottom of the pan. Add the joint and cover with cold water (or coca cola (not diet), or beer, or cider) cover, bring slowly to the boil then simmer for:

1-1.5kg - 2hrs
1.75-2.25kg - 2 1/4 hrs
2.75-3kg - 3 3/4 hrs
3.5-4kg - 4hrs
4.5-5kg - 4 3/4hrs
5.5-6kg - 5 1/4 hrs

Test for readiness, spear with a skewer through to the centre, it should go in easily and juices run clear.
Cool a little and cut off any string. Peel off the shin, score fatty surface.

Mix dry mustard powder and demerara sugar together (or stud the ham with cloves and add treacle to the mustard and sugar) and press in to the fatty skin. Cover all of the lean meat with foil and stand in a roasting tin.

Place in a hot oven for 10 - 20 minutes until browned.

Enjoy!!

