

Christmas Ham with Pineapple Pantry Glaze



A quick and easy glaze made from pantry ingredients.

Ingredients

225 g canned pineapple, drained

1/2 brown onion, rough dice

1 1/2 cups golden syrup

1 tbsp soy sauce

2-3 whole star anise (optional)

1 half leg ham on the bone

Method:

1. Place pineapple and onion in a food processor or blender and pulse until you have a puree.
2. In a medium saucepan over medium heat, place the puree, golden syrup, soy sauce and star anise (if using). Bring to a boil, then lower to a simmer to reduce until you have a syrup consistency, about 6-8 minutes.
3. Preheat the oven to 160°C.

4. Carefully remove rind from ham with a sharp knife then score the fat in either a diamond or diagonal pattern.
5. Spread the glaze over the ham, place on a deep baking tray and bake in the oven for 1-1.5 hours depending on the size of your ham, basting every half hour with more glaze.