

# Honey Roast Bacon

Gammon joint/bacon joint  
Honey.

Because cured pork products are cured in a salt solution it is a good idea to soak your meat in cold water for at least a couple of hours or over night if possible. However, if this isn't possible here's a handy trick I use.

## **Method To Remove Excessive Salt:**

Place the meat in pan and cover with cold water.

Bring to the boil.

Allow to boil rapidly for 5 minutes.

Throw away all the water.

If you are continuing to boil the meat continue as below:

Return the meat to the pan and cover with clean cold water.

Bring to the boil.

Reduce heat, cook meat as usual.

You can use the above method to remove the excess salt or stand the meat for a couple of hours in cold water.

Remove the bacon and dry thoroughly.

*To establish the cooking time weigh the meat and calculate the cooking times using 30 minutes to the half kilo plus 30 minutes.*

Preheat oven to 450F/Gas 8.

Remove all rind from the meat.

Place in a roasting tin and cover generously with honey.

Place in middle of oven and leave for 15 minutes.

After 15 minutes remove and baste the meat with the honey juices.

Return the meat to the oven.

Turn the oven down to between 375/400F/Gas 5 or 6. Depending on your oven you may need to use the lower temperature as the honey will catch quite quickly and begin to burn. So keep a watchful eye.

Continue to remove from oven and baste every 15-20 minutes until cooked.

Remove from tray, cover with aluminium foil and leave to rest until ready for slicing.

When you're ready slice, serve and enjoy.