



# Glazed ham roast

15'  
Hands on

180'  
Cook Time

8-10  
Portion(s)

1  
Difficulty



## Ingredients

- 2 1/2 kilos pork, loin, boneless
- 1 kilo baby potatoes, boiled
- 2 lemons
- 10 sprig(s) thyme, fresh
- 20 g olive oil

### For the marinade

- 50 g mustard, hot
- 50 g honey
- 50 g olive oil
- 1 teaspoon(s) cumin
- lemon zest, of 2 lemons
- pepper
- 3 vegetable bouillon cubes

### For the glaze

- 120 g honey
- 50 g dark brown soft sugar

## Method

- Preheat oven to 180\* C (350\* F) Fan.
- Beat the mustard, honey, olive oil, cumin, zest, a generous amount of pepper and the bouillon cubes until completely combined and set aside until needed.
- Place the ham on a clean working surface, "bad" side down. Cut in half but not all the way to the bottom. You want to open it up and create a kind of envelope.
- Score the meat so that it can soak up all of the marinade. Pour the marinade into the "pocket" created, making sure to spread it all over. You can spread any leftover marinade on the exterior of the meat.
- Tie some kitchen twine around the meat in quite a few places. This way it will keep together while roasting and keep its nice shape.
- Transfer to a roasting pan and cover with a sheet of parchment paper and a sheet of aluminum foil.
- At this point, you can refrigerate the meat and let it marinate for up to 24 hours. The longer you let it marinate, the tastier it will be.
- When ready, roast for 3 hours.
- When the 3 hours are almost done, prepare the baby potatoes and glaze.
- Place a pan over medium heat and let it get very hot.
- Gently press down on the pre-boiled potatoes and add them to the pan along with the olive oil.
- Sauté until golden on both sides.
- Add the thyme and lemon juice. Stir and remove from heat.
- Remove the ham from the oven. Remove the aluminum foil and parchment paper and add the potatoes.
- In a bowl, add the honey and brown sugar. Cover with plastic wrap and microwave for 1 minute at 800 watts.
- When ready, remove the plastic wrap and stir until the ingredients are completely combined.
- Cut the kitchen twine from around the meat. Score the meat and pour the glaze over it.
- Turn up oven temperature to 200\* C (390\* F) Fan and roast for 20-30 minutes.
- When ready, remove from oven, cut into pieces, drizzle with juices from the pan and serve.

## Διατροφικός πίνακας

### Nutrition information per portion

764 Calories (kcal)	44.0 Total Fat (g)	15.0 Saturated Fat (g)	37.0 Total Carbs (g)
38%	63%	75%	14%
21.0 Sugars (g)	52.0 Protein (g)	2.0 Fibre (g)	1.0 Sodium (g)
23%	104%	8%	17%