



Glazed Ham with Pineapples

20'
Hands on

220'
Cook Time

10-12
Portion(s)

1
Difficulty



Ingredients

- 4 kilos pork, preferably the leg
- 8 slices pineapple, either fresh or canned
- 1 1/2 kilo potatoes, boiled
- 2 chicken bouillon cubes
- 330 slice beer
- 100 g butter
- 50 cloves, whole
- chili flakes
- salt
- pepper
- 50 g olive oil
- thyme

For the syrup

- 100 g honey
- 80 g dark brown soft sugar

Method

Photo credit: G. Drakopoulos - Food Styling:
T. Webb

- Preheat oven to 180* C (350*F).
- Place the ham in a **baking pan**. Cut 2 bouillon cubes into smaller pieces and add them to the baking pan also.
- Add the beer and pieces of butter.
- Add the chili pepper flakes.
- Cover baking pan with aluminum foil and roast for 3 hours.
- Remove from oven and place the pineapple slices on the ham. Pour the pineapple juice into the pan. Add some extra chili pepper flakes and salt.
- Pierce pineapple slices with cloves to keep them securely on the meat.
- Roast again for 30-40 minutes.
- Place a **pan** on heat. Add some olive oil.
- Add the boiled potatoes to the pan. Press them down and sauté.
- Season with salt, pepper and some thyme.
- To finish, add the juices from the ham in the baking pan.

For the syrup

- Combine the honey, soft dark brown sugar in a **saucepan**. Heat for 1-2 minutes, until the sugar melts completely.

Διατροφικός πίνακας

Nutrition information per portion

976 Calories (kcal)	58.0 Total Fat (g)	17.0 Saturated Fat (g)	43.0 Total Carbs (g)
49%	83%	85%	17%
22.0 Sugars (g)	66.0 Protein (g)	4.2 Fibre (g)	1.4 Sodium (g)
24%	132%	17%	23%