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Sweet And Sticky Gammon With A Pineapple & Mustard Glaze  
RECIPE

# Sweet And Sticky Gammon With A Pineapple & Mustard Glaze



**Cooking time** 15 mins  
**Preparation time** 15 mins  
**Serves** 6

Add a shiny finish to your festive gammon with a sweet, tangy glaze made with Royco® Sweet & Sour Sauce and pineapple juice. Delicious served hot or cold, and the leftovers are excellent in sandwiches with mustard, mayo and lettuce.

## Ingredients

- 1 packet Royco® Sweet & Sour Sauce (38g)
- 250ml (1 cup) rapidly boiling water, to make up the sauce
- 30ml (2 Tbsp) honey
- 1 x 440g tin pineapple rings in light syrup
- 10ml (2 tsp) prepared hot English mustard, or 40ml (4 tsp) mild mustard, to taste
- 1 whole pre-cooked gammon, bone in or out

## Vegetarian

Use this easy glaze for coating chunks of roast butternut, pumpkin or sweet potato: simply brush the glaze over the vegetables about 10 minutes before the end of the roasting time.

## Family Friendly

Half the fun of a festive feast is in the preparation, so ask the kids to help you decorate the gammon with pineapple rings, or with similar traditional garnishes such as glacé cherries, orange slices and whole cloves.

## Method

1. Put the contents of the Royco Sweet & Sour Sauce sachet into a cold frying pan. Whisk in 250ml rapidly boiling water, tilt the pan and continue whisking for one minute, or until the sauce is smooth.
2. Stir in the honey and the syrup from the tin of pineapple (save the pineapple rings to garnish the gammon, or for a pudding).

3. Place the pan over a high heat and cook, stirring often, for 7-10 minutes, or until the glaze is thick, shiny and reduced by about half.
4. Whisk in the mustard, to taste, and set aside to cool for a few minutes.
5. Heat your oven grill to its highest setting. Place the gammon in a roasting tray, then peel off the skin and discard it. Using the tip of a sharp knife, score the fat into diamond shapes.
6. Spread the warm glaze all over the top and sides of the gammon. Put the tray in the oven, at least 30 cm under the grill.
7. Let the glaze bubble under the grill, turning the tray often, for 7-10 minutes, or until the gammon is golden and evenly caramelised all over. Important: keep the oven door slightly open and watch closely to make sure the glaze doesn't burn.
8. Garnish with the reserved pineapple rings and serve hot or cold.

## Recipe Tags

[Pork](#), [Sauce](#), [Dry Sauce](#), [Meat and Veg](#)

## More Recipes Like This



### [Creamy Mushroom Stuffed Chicken](#)

Cooking time

100 mins

Preparation time

20 mins



### [Lamb & Tomato Potjie](#)

Cooking time

120 mins

Preparation time

15 mins



## **Spiced Couscous with Pork and Almonds**

Cooking time

10 mins

Preparation time

20 mins



## **Chicken Sosaties**

Cooking time

15 mins

Preparation time

30 mins



## **Roasted Garlic & Lemon Lamb Kebabs on Couscous**

Cooking time

15 mins

Preparation time

60 mins



## **Roasted Butternut & Beetroot Salad**

Cooking time

45 mins

Preparation time

15 mins

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