



Ripon Cathedral horseshoe gammon unsmoked

roast/poach/air fry



for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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cooking time from: 1 hour

Remove the joint from the fridge and rinse in cold running water for a few minutes then soak for a few hours (note the more the gammon is soaked the more salt will be extracted) pat dry, leaving to soak longer will remove more salt.

roast

Preheat your oven to 160°C for fan-assisted or 180°C for ovens without a fan (gas 4).

Make a trivet by roughly chopping equal amounts of onion, carrot and celery plus a cooking apple cut into wedges, a bay leaf, sprig of thyme and a few black peppercorns.

Place the gammon fat side up onto the trivet, cover with foil and roast for 30 minutes per 500g, plus additional 20 minutes. Remove the foil for the final 30 minutes of cooking. The gammon should be at least 65°C before resting. Leave to rest for 30 minutes in a warm place before carving.

poach

Simply cover your gammon joint with your chosen liquid, spices and aromatic vegetables. Bring it to the boil and let it simmer.

Simmer gently for 20 minutes then an additional 20 minutes per 500g, until tender and easily pierced with a skewer.

The gammon should be at least 65°C before resting. Allow to cool in the cooking broth before carving.

air fry

Preheat air fryer to 160°C.

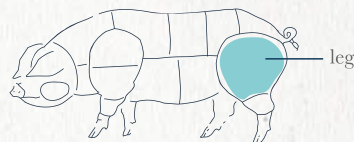
Wrap gammon tightly in foil and cook for 45 minutes, increase temperature to 200°C remove foil and continue to brown approximately 15 minutes.

The gammon should be at least 65°C before resting.

serving suggestions

Glaze the cooked gammon by simply removing the rind whilst still warm, brush with a F&CO glaze and roast in a hot oven until golden and sticky, brushing additional glaze over as it roasts.

Serve with all butter mash potatoes, roast cauliflower and English mustard.



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