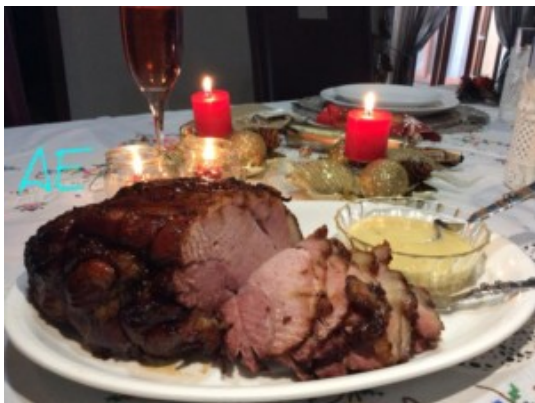


# PINEAPPLE GLAZED HAM



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- 1 (2.7kg) ham
- 1 fresh pineapple
- 350ml pineapple juice
- 220g dark brown soft sugar

Preheat oven to 170 C / Gas 3. Place the ham, cut side down, into a roasting tin.

Cut the skin off the pineapple with a sharp knife and cut out any brown spots of skin left behind. Slice the pineapple into 1.25cm slices and cut the cores out of the slices. Pin the slices onto the ham with cocktail sticks.

Bake ham in the preheated oven until a meat thermometer inserted into the thickest part of the ham reads 60 degrees C, 1 1/2 to 2 hours.

While the ham is baking, mix the pineapple juice and dark brown soft sugar in a microwave-safe ceramic or glass bowl and microwave on medium power until the glaze is boiling and slightly thickened.

Work carefully because the glaze will be sticky and very hot. Pour about half the glaze evenly over the ham and pineapple about 1 hour before the end of baking; pour the rest over the ham about 30 minutes before the end of baking.

Photo: Amanda Conradie