

Mediterranean-inspired ham roast

4 servings

1 kg ham roast
0.5 tsp dried garlic
1.5 tsp dried rosemary
2 tsp dried thyme
2 tsp flaked salt
2 pinches black pepper
2 tbsp olive oil
2 tbsp liquid honey

Preheat oven to 150 °C (302 °F).

Trim the meat and cut a checkerboard pattern on the top.

Crush the rosemary and thyme.

Place the garlic, rosemary, thyme, salt and pepper in a bowl and mix.

Brush the meat with olive oil.

Distribute the spices around the meat and pat in.

Tie the roast with a piece of string.

Place the meat on a baking tray and cook for about 1.5 hours or until the meat has an internal temperature of 68 °C (144 °F).

Increase oven temperature to 225 °C (437 °F).

Drizzle liquid honey over and place in oven for another 10 minutes.

Let meat rest in aluminum foil for about 15 minutes, the internal temperature will then rise by a few degrees.