



Glazed GAME ON

cooking time: 50min

Naturally CHOLESTEROL FREE

serves
6-8



Ingredients

- 2 Fry's Meat Free Polonies
- 1 small tin of Pineapple pieces
- 8 Cloves, plus extra for studding the "gammon"
- 1 Onion, peeled, halved
- 2 large Bay leaves
- 8 Cherries

For the glaze:

- 2 tbsp Brown sugar
- 1 tbsp Wholegrain mustard
- Juice from Pineapple pieces

Method

Preheat the oven to 180°C.

Cut the polonies in half lengthwise. Score 3 or 4 deep lines across the polonies and decorate with pineapple pieces and cherries. Push two cloves into each onion half and add to the pan along with the bay leaves.

Mix the brown sugar, mustard and pineapple juice to a thick paste and pour over the decorated polonies.

Roast the "gammon" in the oven for 40 minutes, basting frequently with the glaze and pan juices, until the "gammon" is cooked through and golden-brown.

"That'll do pig,
that'll do."

