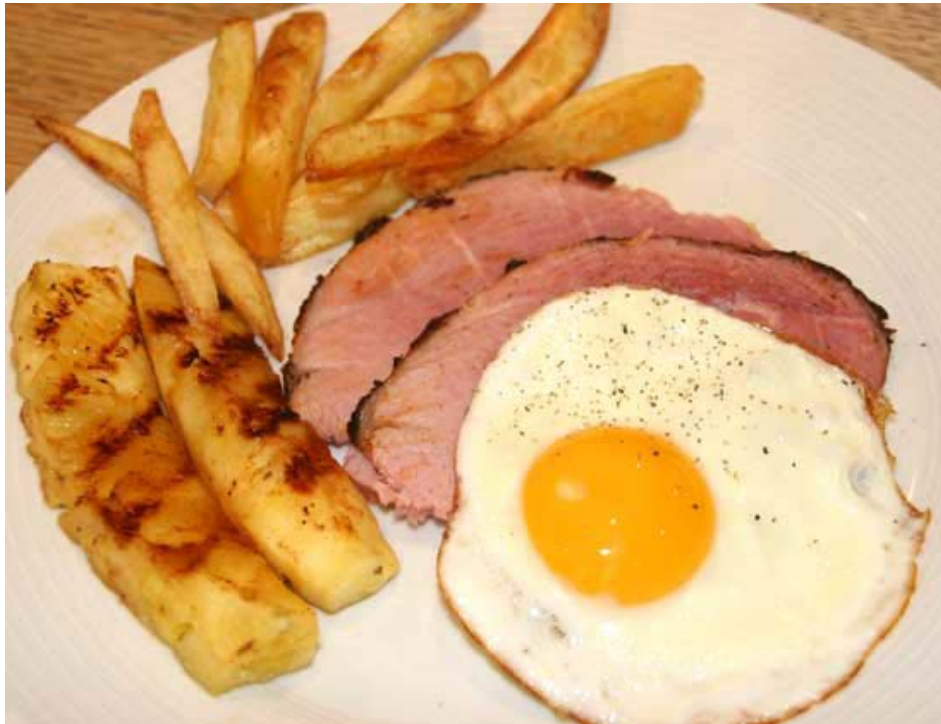


Island-style Ham, Pineapple Egg & Chips



Serves 5

Prep 25 mins

Cooking 2h

More effort

Ingredients

1kg piece unsmoked boneless gammon
1L ginger beer
5 cloves
5 black peppercorns
2 bay leaves
4-6 large potatoes, peeled & cut into chunky chips
3 tbsp vegetable oil
2 tbsp Caribbean spice mix, + a pinch

1 tbsp treacle
½ lime, juiced
1 small pineapple
4-6 eggs

Caribbean spice mix
2 tsp ground cinnamon
1 tbsp black peppercorns
1 tbsp dried thyme

1. Put the ham in a snug-fitting pan, pour over the ginger beer & add the cloves, peppercorns & bay. Bring to a gentle simmer, cover with a lid and cook for 1 hr 15 mins. Leave the ham until cool enough to handle, then use a knife to remove the rind, leaving a layer of fat on the ham.
2. Put the chips in a pan, cover with cold water and bring to the boil. Cook for 2 mins, then drain & leave to steam-dry in the colander. Heat oven to 200C/180C fan/gas 6. Tip the chips onto your largest baking tray, toss with the oil, a pinch of Caribbean spice mix and some salt. Spread the chips out to a single layer, or if your tray is small, use two to make sure your chips have plenty of space around them so they get nice and crispy. Bake for 40 mins, turning them halfway through. Meanwhile, put the ham in a small baking dish lined with foil. Mix 2 tbsp Caribbean spice mix, the treacle and lime juice and paint all over the ham. Put in the oven alongside the chips for the final 20 mins of cooking.
3. Cut the top & bottom off the pineapple, stand it upright on a chopping board & cut away all the peel from the sides too. Cut it in half through the core, then into long, thin wedges – you should get ± 12. Cut out the woody core from each piece, brush with oil & sprinkle with some Caribbean spice mix.
4. Heat a griddle pan and a frying pan with the remaining oil. Cook the pineapple in the griddle pan for 2-3 mins each side until charred. Crack the eggs into the hot oil and cook the eggs to your liking. Remove the ham and chips from the oven. Thickly slice the ham and serve it with the chips, eggs and pineapple.