

Mango & pineapple-glazed ham with a stonefruit relish

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Big on flavour and low on naughty stuff, these recipes will help you give gluten and refined sugar the flick this christmas.

Ingredients [Serves 10+ (great for leftovers)]

Nitrate-free hams can be purchased or pre-ordered from certain butchers and are available from a number of farmers' markets. They are just as delicious and can be prepared in the same way regular hams are - glazed and shaved at the Christmas table.

This ham was provided courtesy of [Australian Pork and Sunshine Meats](#).

- 1.5 kg nitrate-free ham
- Handful whole cloves
- ½ small mango

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- ¼ cup pineapple chunks
- 2 tbsp olive oil
- **Relish**
- 1 tbsp butter or coconut oil
- ½ tsp ginger powder
- ¼ tsp ground cinnamon
- 1 peach, pitted and diced
- 1 nectarine, pitted and diced
- 1 plum, pitted and diced

Method

Preheat oven to 180°C. Line a baking dish with baking paper and place ham on top, skin side up. Using a sharp knife, score the skin diagonally across into a centimeter-wide diamond pattern. Push cloves into every second diamond.

Meanwhile, place mango, pineapple and olive oil into a blender and process until smooth. Baste the ham thoroughly with the glaze before placing in the oven. Bake for 30 to 35 minutes, basting with additional glaze every 8 or so minutes.

To make the relish, place butter or coconut oil in a medium saucepan set over medium heat, add ginger and cinnamon, stir then add in the fruit. Cook, stirring for 10 minutes or until the fruit has softened and starts to become jammy. Remove from heat.

Words, recipes and photography: **Martyna Angell**, [The Wholesome Cook](#).

Check out her beautiful collection of clean Christmas recipes in the latest edition of *nourish* magazine.

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