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Home » Slow Cookers » Cooking a Delicious Gammon Joint in a Slow Cooker: A Step-by-Step Guide Gammon joints are a staple of British cuisine, and cooking one in a slow cooker is a great way to achieve tender, flavorful meat with minimal effort. In this article, we'll take you through the process of cooking a delicious gammon joint in a slow cooker, including preparation, cooking times, and some tasty glaze recipes to try. Choosing the Right Gammon Joint Before we dive into the cooking process, it's essential to choose the right gammon joint for your slow cooker. You can opt for a boneless or bone-in joint, depending on your preference. Boneless joints are easier to slice and serve, while bone-in joints can add more flavor to the dish. When selecting a gammon joint, look for one that is around 1-2 kg (2.2-4.4 lbs) in weight. This size joint will fit comfortably in most slow cookers and will be enough to feed 4-6 people. Types of Gammon Joints There are several types of gammon joints available, including: Smoked gammon: This type of gammon has been smoked to give it a rich, savory flavor. Unsmoked gammon: This type of gammon has not been smoked and has a milder flavor. Glazed gammon: This type of gammon has been pre-glazed with a mixture of sugar, mustard, and spices. Preparing the Gammon Joint Before cooking the gammon joint, you'll need to prepare it by scoring the fat and removing any packaging. To score the fat, use a sharp knife to cut a diamond pattern into the fat layer. This will help the glaze penetrate the meat and create a crispy, caramelized crust. Removing Packaging If your gammon joint comes with a plastic or foil wrapping, remove this before cooking. You can also remove any elastic netting or string that holds the joint together. Cooking the Gammon Joint in a Slow Cooker To cook the gammon joint in a slow cooker, follow these steps: Place the gammon joint in the slow cooker, fat side up. Add 1-2 cups of liquid to the slow cooker, such as stock, wine, or water. Cook the gammon joint on low for 8-10 hours or on high for 4-6 hours. Cooking Times and Temperatures The cooking time and temperature will depend on the size and type of gammon joint you're using. Here are some general guidelines: | Joint Size | Cooking Time (Low) | Cooking Time (High) | | — | — | — | | 1 kg (2.2 lbs) | 6-8 hours | 3-4 hours | | 1.5 kg (3.3 lbs) | 8-10 hours | 4-6 hours | | 2 kg (4.4 lbs) | 10-12 hours | 6-8 hours | Glazing the Gammon Joint A glaze can add a rich, sticky flavor to the gammon joint. To glaze the joint, mix together your chosen ingredients (such as brown sugar, mustard, and spices) and brush them over the meat during the last 30 minutes of cooking. Glaze Recipes Here are a few glaze recipes you can try: Honey and Mustard Glaze: Mix together 2 tbsp honey, 1 tbsp mustard, and 1 tsp dried thyme. Brown Sugar and Spice Glaze: Mix together 2 tbsp brown sugar, 1 tsp ground cinnamon, and 1 tsp ground cloves. Sticky BBQ Glaze: Mix together 2 tbsp BBQ sauce, 1 tbsp honey, and 1 tsp smoked paprika. Serving the Gammon Joint Once the gammon joint is cooked, remove it from the slow cooker and let it rest for 10-15 minutes before slicing. You can serve the joint with a variety of sides, such as roasted vegetables, mashed potatoes, or a fresh salad. Slicing the Gammon Joint To slice the gammon joint, use a sharp knife to cut against the grain. You can slice the joint thinly or thickly, depending on your preference. Tips and Variations Here are a few tips and variations to try when cooking a gammon joint in a slow cooker: Add some aromatics: Onions, carrots, and celery can add a depth of flavor to the dish. Simply chop them up and add them to the slow cooker with the gammon joint. Use a different type of liquid: Instead of using stock or water, try using a different type of liquid such as apple cider or beer. Add some spice: A pinch of cayenne pepper or red pepper flakes can add a spicy kick to the dish. By following these steps and tips, you can create a delicious gammon joint in your slow cooker that's perfect for a special occasion or a hearty family meal. What is the ideal size of gammon joint for a slow cooker? The ideal size of gammon joint for a slow cooker depends on the size of your slow cooker. A general rule of thumb is to choose a gammon joint that is about 1-2 kg in weight. This size will fit comfortably in most standard-sized slow cookers and will cook evenly throughout. If you have a larger or smaller slow cooker, you can adjust the size of the gammon joint accordingly. It's also worth noting that you can always trim the gammon joint to fit your slow cooker if needed. Just make sure to leave enough fat on the joint to keep it moist during cooking. You can also consider using a smaller gammon joint if you're cooking for a smaller group of people. How long does it take to cook a gammon joint in a slow cooker? The cooking time for a gammon joint in a slow cooker will depend on the size of the joint and the temperature setting of your slow cooker. As a general guideline, you can cook a 1-2 kg gammon joint on low for 8-10 hours or on high for 4-6 hours. It's always best to check the gammon joint for tenderness and cook it for a bit longer if needed. It's also worth noting that you can cook a gammon joint overnight and wake up to a delicious, tender joint. Just make sure to set the slow cooker to low and let it cook for 8-10 hours. You can also cook a gammon joint during the day while you're out and about, and come home to a ready-to-eat meal. Do I need to score the fat on a gammon joint before cooking? Scoring the fat on a gammon joint is optional, but it can help to create a more visually appealing joint. Scoring the fat involves cutting a diamond pattern into the fat layer on the surface of the joint. This can help the fat to render and crisp up during cooking, creating a more appealing texture. However, if you don't score the fat, the gammon joint will still cook evenly and be delicious. It's up to you to decide whether or not to score the fat, depending on your personal preference. If you do choose to score the fat, just make sure to cut carefully and not too deeply, as you don't want to cut into the meat underneath. Can I add flavorings to the slow cooker with the gammon joint? Yes, you can definitely add flavorings to the slow cooker with the gammon joint. In fact, this is a great way to add extra flavor to the joint. You can add aromatics such as onions, carrots, and celery to the slow cooker, as well as herbs and spices like cloves, bay leaves, and black pepper. You can also add a liquid to the slow cooker, such as stock or cider, to help keep the gammon joint moist and add extra flavor. Just make sure not to add too much liquid, as this can make the joint steam instead of roast. A good rule of thumb is to add about 250ml of liquid to the slow cooker. How do I glaze a gammon joint during cooking? Glazing a gammon joint during cooking is a great way to add a sweet and sticky exterior to the joint. To glaze a gammon joint, you'll need to mix together a glaze made from ingredients like honey, brown sugar, and mustard. You can brush the glaze over the joint during the last 30 minutes of cooking. To glaze a gammon joint, simply mix together your glaze ingredients in a small bowl until smooth. Then, brush the glaze over the joint, making sure to get it all over the surface. You can use a pastry brush or a spoon to apply the glaze. If you're using a slow cooker, you may need to remove the joint from the slow cooker to glaze it, then return it to the slow cooker for the remaining cooking time. Can I cook a gammon joint from frozen in a slow cooker? Yes, you can cook a gammon joint from frozen in a slow cooker. However, you'll need to adjust the cooking time accordingly. As a general guideline, you can add an extra 2-3 hours to the cooking time if you're cooking a frozen gammon joint. It's also worth noting that you should always check the gammon joint for tenderness and cook it for a bit longer if needed. You can also thaw the gammon joint overnight in the fridge before cooking it in the slow cooker, if you prefer. Just make sure to cook the joint to an internal temperature of at least 65°C to ensure food safety. How do I store leftover gammon joint? If you have leftover gammon joint, you can store it in the fridge for up to 3 days. It's best to wrap the joint tightly in plastic wrap or aluminum foil and keep it in the coldest part of the fridge. You can also freeze leftover gammon joint for up to 3 months. To freeze leftover gammon joint, simply wrap it tightly in plastic wrap or aluminum foil and place it in a freezer-safe bag. When you're ready to eat it, simply thaw the joint overnight in the fridge and reheat it in the oven or microwave until hot and tender. Note – This post may contain affiliate links. If you buy via these, I may earn a small fee. This has absolutely no effect on the price you pay. As an eBay and Amazon Associate, I earn from qualifying purchases.This slow cooker gammon recipe, or ham, is not really a recipe at all. More of a simple guideline. After hours of gentle cooking, the ham or gammon joint is so soft that it is falling apart a little around the edges. It is really flavoursome and the easiest thing ever to cook. You add absolutely nothing else to the slow cooker ham joint, as it is cooked in its own juices, resulting in meltingly tender meat. If cooking this gammon joint in no liquid seems too good to be true, just try it and see…One of the best things – apart from how easy it is to make this slow cooked gammon – is the resulting stock, which I always save to use in another recipe. Like my Slow Cooker Scotch Broth, based on an old family soup recipe that was made every New Year by my grandmother. This takes even better when made with the stock from simmering a bacon joint in the slow cooker.We love to eat this with fried eggs and chips, just like a good old British pub meal. It's also great for picnics, buffets, parties and sandwiches. And of course at Christmas. Of all my recipes for the slow cooker, this ham is the easiest of all. And made the most frequently.I don't use any cola, apple juice, brown sugar or cider. This is a slow cooker gammon joint with honey – if you want to add that. Nor is there any need for a meat thermometer or even exact cooking time. All I add is the honey glaze, and even that is optional. It isn't necessary, but just seals the joint nicely and gives a lovely glaze. You can use smoked gammon or an unsmoked gammon joint, just as you wish. Either way, this is how to cook a gammon joint in a slow cooker.Ham joint, about 750gClear honey, 2 tsp (optional)Remove the gammon joint from its packaging and place in the slow cooker.Cook on Low for about 5-6 hours.About 30 minutes before the end of cooking, carefully remove the ham and brush on (with a pastry brush), or smooth over (with a spatula), the honey. This is optional, but does give a nice glaze and helps to seal in the flavour. Replace the ham, so it can cook for the last half hour.Related recipes:Note – This post may contain affiliate links. If you buy via these, I may earn a small fee. This has absolutely no effect on the price you pay. As an Amazon Associate, I earn from qualifying purchases. PIN it! Home » Slow Cooker Recipes » Slow Cooker Gammon (5 Different Ways!) Jump to Recipe Jump to Video Print RecipeMy slow cooker gammon recipe is a quick way to prepare a meal with tasty results. You can keep the recipe simple and place the gammon joint in a little water. Or, you can add some additional ingredients to create some different flavours. Slow cooked gammon is perfect for Christmas, a Sunday roast, or any time of the year! Either way, the preparation time is very short, and the resulting flavour is delicious. Do you want to cook gammon a different way? Check out other popular methods, including cooking a gammon joint in an air fryer or using the pressure cooker function with my Ninja Foodi Gammon Recipe. Read on to see how to cook a gammon joint in a slow cooker. Gammon joint – smoked or unsmoked Vegetables – you can add any you like, I tend to add onions and carrots Cloves/peppercorns – these are optional Liquid – just plain water or experiment with different liquids (see below!) Honey/Mustard – again, optional, you can glaze the cooked gammon and finish it off in an oven Slow cooker – any size, but check if the gammon joint can fit in the slow cooker! This is the quickest method. You just need to place the gammon in the slow cooker and then pour some water around it—around 250ml is enough, but you can add more, up to around 500ml. No, like with other slow cooker recipes, there is no need to put in any additional liquid. I like to put in a little at the bottom as I find it helps the gammon to come out a little moister. But, if you don't add any water to the slow cooker, the gammon won't burn. Slow cooking a gammon joint in coke might seem like a strange idea. But if you've not tried it, you should! The gammon does not end up coming out sweet as you would imagine – and it's best to use normal full-fat Coke (although I know some people do use Diet Coke, especially to make it a Slimming World friendly recipe). You can also use cherry coke; although I've not tried this myself, I have heard it comes out tasty. Cooking a gammon joint in some dry cider is equally as tasty as the coke. Pour 400ml/500ml of dry cider over the gammon joint in the slow cooker. You can also add some cloves, peppercorns, and chopped-up onions. If cider isn't your thing, you can substitute it for apple juice. Pour a similar quantity (400-500ml) over the gammon joint. Alternatively, you can also use pineapple juice or a large tin or 2 of pineapple chunks in juice. If you are making a glaze for the gammon (see details further down), you can use honey before putting it in the oven. You can also use some honey during the slow cooking process. Just mix 5 tbsp of honey with about 250ml – 500ml of water; hot water would be better as it will help the honey dissolve. You can also stir in some mustard and make it a honey and mustard gammon. Leave the gammon in the slow cooker for a longer length so that it becomes more tender, and you can pull it apart and shred it. Leave it in for at least 8 hours on low. Use two forks to shred it. If you have bought a smoked gammon, you might want to pre-soak or boil away some of the salt before cooking it. You don't have to do it; it depends on how salty you like your gammon. If you want to reduce the salt content, ideally, you will soak it in a bowl of fresh water for at least 12 hours before cooking it. Make sure the whole of the gammon joint is covered. However, you can boil away the salt if you don't have the time. Simply place the whole gammon joint in a large enough saucepan and bring it to a boil. Cook it on low for 6 to 8 hours or high for 4 to 5 hours. Don't worry too much if you go beyond this time; it's unlikely that you will overcook the gammon joint thanks to the low cooking temperature of a slow cooker. Insert a sharp knife inside the gammon and pull it out. The meat isn't cooked if you struggle to take it out or it feels a bit springy. Return it to the slow cooker to let it cook for longer. If in doubt, use a meat thermometer; the internal temperature at the deepest part should read 75°C. You can either serve the gammon straight from the slow cooker or add a glaze and cook it in an oven for 15 to 20 minutes. If you have a suitably sized air fryer, you can also put it in there. Carefully remove the netting from the gammon joint and the skin, leaving the layer of fat. Then, brush with your chosen glaze. I added a little runny honey, but you could use honey, mustard, or maple syrup. Leave the gammon to rest for at least 10 minutes before carving it with a sharp knife. You can serve gammon as part of a roast dinner alongside roasted potatoes and vegetables. Are you looking for more slow cooker recipes? Here are some for inspiration! Slow cooker gammon is a fantastic way to enjoy a soft and tender ham that is packed with flavour. Some of the links in this post may be affiliate links – which means if you buy the product I get a small commission (at no extra cost to you). If you do buy, then thank you! That's what helps us to keep Liana's Kitchen running. 1 kg gammon joint (smoked or unsmoked)1 onionCloves/peppercorns250 – 500 ml Water Place gammon joint in slow cookerAdd chopped up onion (and any other vegetables), and peppercorns around the gammonPour in water (or your chosen liquid)Place lid on slow cooker and set off for 4 hours on high, or 6-8 hours on lowRemove gammon from the slow cooker and leave to stand before carving (unless you are adding a glaze) – serve hot or cold.Optional glaze: carefully remove any netting and the skin from the gammon, leaving the fat in place. Score the gammon joint and rub some honey over the top. You can also mix in some sugar and/or mustard. Place in a preheated oven (200°C/Gas Mark 7) and cook for 10 to 15 minutes *You can swap the water for either; cola, apple juice, pineapple juice or dry cider. Nutrition information is automatically calculated, so should only be used as an estimate. Share Tweet WhatsApp Email This slow cooker gammon recipe is not only the easiest way to cook a gammon joint but results in the most tender, juicy meat. Topped off with a delicious honey mustard glaze that you can leave gooey and delicious or crisp up quickly in the oven. Great for a tight budget – This slow cooker ham recipe costs around £12 total, not including spices and ingredients (like honey) you already have in your pantry. Barely any prep – All you need to do to prep this slow cooker gammon is chop a few veggies and toss the ingredients in a crock pot. Then you're good to go! Deliciously tender meat – Once you learn how to cook a gammon joint in a slow cooker, you can enjoy incredibly tender meat. Eat it hot or cold – The best part about this slow-cooked gammon is you can enjoy it hot or cold, making it easy to enjoy leftovers. Easy holiday meal – This delicious gammon slow cooker recipe is great for any festive occasion. You can make it a Sunday roast, Christmas ham, or Easter ham. Crowd pleaser – Sweet, savoury, and tangy, everyone loves this slow-cook gammon. (Don't be surprised when loved ones ask for seconds!). Try these other protein-forward recipes during the week: The BEST Crispy Bone-in Chicken Thighs, The BEST Crispy Chicken Wrap and Chicken Goujons. Gammon jointYou can use smoked or unsmoked gammon for this slow cooker gammon recipe. If you're worried about saltiness in the recipe, check the notes below. Braising liquidThere are quite a few options for braising liquid, from Cola to water and vinegar. Below, you'll find details on each option.AromaticsMy recipe calls for onion, garlic, and cinnamon to provide flavour to the gammon. However, you can also use options like peppercorns, cloves, and ginger root for a bolder taste. See the recipe card for full information on ingredients and quantities. Though they both come from the same area of the pig (the back legs), there are a few differences between a gammon and a ham joint. Gammon is sold raw and cured (like bacon), while ham is sold cooked (and sometimes dry-cured). You'll need to cook gammon (like in this slow cooker gammon recipe) before you can eat it. To put it simply, gammon is the uncooked version of ham. No, you don't need to add a liquid to cook gammon. It will turn out moist enough with the glaze and other ingredients. However, adding other liquid to the crockpot along with the roast means even more juiciness. Here are five different ways you can cook gammon: Slow cooker liquid methods: Cola – Adding regular Cola (not diet) is a great way to add flavour to this gammon in slow cooker recipe. It doesn't create an overly sweet roast. It also helps tenderize the ham even more. You will need about 400ml of Cola. Water – If you're wondering how to cook a gammon joint in a slow cooker with water, you've come to the right place! Simply add about 200ml of water to the slow cooker (more if you want to roast the gammon for longer). Apple cider vinegar – If you want a tangier taste for this gammon joint in slow cooker dish, add apple cider vinegar. Use a combination of 300ml of water and 60ml of vinegar with this method. Apple juice – For a sweeter slow cooker gammon joint, use about 400ml of apple juice.No liquid – You can also forego extra liquid, as the glaze will be enough to keep the slow cooker gammon moist. Oven:Add a glaze – The best way to keep gammon moist in the oven is by including a glaze, like the one I've noted below. Basting the roast in the oven periodically with the glaze will also help keep it moist. The key to knowing how to cook gammon in a slow cooker is understanding how long to cook the meat. If you have more time, let the slow cooker gammon cook for 6-8 hours on low. Or, cook it on high for about four hours. For the most tender version of this recipe, cook the gammon for 10-12 hours on low. It's not necessary to glaze slow cooker gammon. However, I recommend adding the glaze to this recipe. Why glazeAdding a glaze to the gammon is beneficial for a few reasons. For one, it helps create even more flavour in the ham. It also creates a shiny exterior, which makes the ham even more appealing (since we also enjoy food with our eyes!). When to glazeAdding the glaze to the ham during the last hour or so is best. If you add the glaze too early, the sugars can burn and cause a burnt flavour on the ham. Glaze optionsIf you're not a fan of honey mustard, there are many other glaze recipes you can use. Gammon works well with options like maple and brown sugar, orange and clove, and spiced apricot glaze.Slow cooker and oven: I recommend using the slow cooker or oven for gammon, as it helps keep things moist inside. These cooking methods also create a nice crisp glaze on the outside. Here are a few ways to make this slow cooker gammon dish your own! For one, you can cook gammon in an Instant Pot. You'll have a juicy, tender ham roast that's just as delicious in way less time. You can also use a different glaze recipe to create flavours you love. Or, add other aromatics to the recipe. Try adding veggies like potatoes and carrots to the slow cooker with the gammon. Or, swap out the glaze for a gravy. There are quite a few ways to make this recipe fit your preferences! Start by adding your gammon joint to your slow cooker. Add the onion, carrots, cola/coke, garlic granules and ground cinnamon. Gently stir to combine and cover with the lid (Image 1). Slow cook for 6 to 7 hours on low or 4 to 5 hours on high (Image 2). 3. Add the wholegrain mustard, honey, brown sugar and rice wine vinegar to a small bowl (Image 3). 4. Mix together the ingredients for the glaze with a fork or spoon (Image 4). Meanwhile, preheat your oven to 180°C FAN/ 200°C conventional. 5. When the ham has cooked, use two spatulas to remove the ham from your slow cooker and drain the juices (Image 5). 6. Place on a foil lined baking tray. Discard the string wrapped around the ham and remove the outside layer (rind) from the ham, leaving a layer of fat over the ham (Image 6). 7. Score the fat with a knife, then coat the ham evenly with half of the glaze, using an oil brush or your hands. To prevent the sides from drying out, lift the foil to cover the sides of the ham, leaving the fat exposed (Image 7). 8. Pop in the oven for 20 minutes, then remove and coat with another final layer of the glaze. Add back in the oven for another 20 minutes, before removing and leaving to rest for 20 minutes. Carve the ham before serving rving or refrigerate to serve cold (Image 8). If you want to add a starter, to make this recipe more filling, try some delicious soup recipes : Roasted Vegetable Soup, Creamy Broccoli and Cauliflower Soup or check out these Best Warming Autumn Soup Recipes The easiest way to tell if your slow cooker gammon is ready is by inserting a sharp knife into the roast. If removing the knife is challenging, the roast isn't done yet. You can also check by using a meat thermometer. The gammon is ready when its internal temp is 70°C/145°F. Here are a few other hearty, comforting pasta meals for you to try; Creamy Butternut Squash Pasta, Easy Tomato Tuna Pasta Bake and Spicy Chicken Pasta Recipe Choose a good gammon jointSince the gammon joint is the star of the show in this dish, it's important to select a good-quality ham. Ensure you select a ham that has a good amount of fat, as this will add flavour and keep the roast juicy as it cooks. There should also not be a lot of liquid in the package with the gammon. How much liquid you use in the slow cooker changes how moist that gammon turns outWhile you can cook the gammon without liquid, it will be much juicier with liquid added. The amount of liquid you use will also change depending on your intention. Since water does not add flavour, you can use way less than Cola or juice. Use a meat thermometer so you don't overcookThe internal temperature of this slow cooker gammon should be 75C when it's ready. Test the temp by inserting a meat thermometer into the middle of the thickest part of the gammon. Save the stock for soups like ham and peaThe slow-cooked gammon joint, aromatics, and glaze leave behind a delicious liquid you can use as a base for soups. Don't toss it out. Instead, allow the liquid to cool fully. Then, put it in an airtight container and keep it in the fridge or freezer. Here are a few more slow cooker recipes to try: Simple Slow Cooker Chilli Con Carne, Tender Braising Steak with Gravy, or Spanish Chicken & Chorizo Stew. This delicious glazed slow cooker gammon pairs well with various sides including salads, potatoes, roast veg, pasta, etc. When considering what to cook as sides with this ham, you can always fall back on holiday dishes like green bean casserole, mashed potatoes and gravy, cranberry sauce, etc. Serve with some ; Creamed Cabbage, Fluffy Yorkshire Puddings and Italian Sausage Stuffed Peppers Yes, you can cook the slow cooker gammon the day before and reheat it for a meal later. However, I don't recommend this option, as reheating the ham can cause it to dry out. It's best to serve a slow-cook gammon joint when it's freshly made. If cooking the ham ahead of time is necessary, skip the glaze steps. Fully cook the gammon, allow it to cool, and refrigerate it within two hours of cooking. Then, reheat it in the oven with some liquid and continue with the glazing steps. Ensure you save the liquid from the initial cook to create the glaze. Do I need to soak gammon before cooking? You do not need to soak gammon before cooking it. However, smoked gammon typically has a lot of salt. So, to avoid an overly salty flavour, you can soak it before turning it into slow cooker gammon. Does a larger ham mean a longer cooking time? Yes, you will need to cook a bigger gammon joint for longer. You must consider its weight when learning how to cook gammon joint in a slow cooker. Generally, it will take about 1.5 hours per 450g of gammon (plus 20 minutes). Should I remove the plastic around the ham before cooking? Yes, you should always remove the plastic before cooking the ham. If you leave it on, there's a chance the plastic will melt onto the ham (especially in the oven). Can you overcook gammon in the slow cooker? It's hard to overcook gammon in the slow cooker, especially if you keep it on the low setting. If you're unsure whether you can take the gammon out after 4-5 hours on the high setting due to your schedule, let it cook on the low setting instead. Cook ModePrevent your screen from going dark Start by adding your gammon joint to your slow cooker. Add the onion, carrots, cola/coke, garlic granules and ground cinnamon. Gently stir to combine and cover with the lid. Slow cook for 6 to 7 hours on low or 4 to 5 hours on high.After this time, use two spatulas to remove the ham from your slow cooker and place on a foil lined baking tray.Preheat your oven to 180°C FAN/ 200°C conventional/350°FCombine the ingredients for the glaze with a fork x whisk. Discard the string wrapped around the ham and remove the outside layer (rind) from the ham, leaving a layer of fat over the ham.Score the fat with a knife, then coat the ham evenly with half of the glaze, using an oil brush or your hands. To prevent the sides from drying out, lift the foil to cover the sides of the ham, leaving the fat exposed.Pop in the oven for 20 minutes, then remove and coat with another final layer of the glaze. Add back in the oven for another 20 minutes.Remove from the oven and leave to rest for 20 minutes before carving or adding into the fridge to serve cold. Choose a high-quality gammon joint with ample fat for flavour and juiciness. Adjust the amount of liquid in the slow cooker for desired moisture; when using Cola or juices. Use a meat thermometer to ensure the gammon reaches an internal temperature of 75°C/160°F to avoid overcooking. Servings: 6 servings Fat: 30g Calories: 644kcal Carbohydrates: 23g Protein: 73g The allure of a slow-cooked gammon is undeniable. The promise of tender, succulent meat, infused with flavour from hours of gentle simmering, is enough to tempt any home cook. But the path to gammon perfection lies in understanding the crucial element of time. Too little, and the meat remains tough; too much, and it becomes dry and stringy. This blog post serves as a comprehensive guide to navigating the intricacies of slow cooking gammon, ensuring a consistently delicious outcome.Understanding GammonBefore delving into cooking times, it's essential to understand what gammon is and how it differs from ham. Gammon is essentially a cured pork leg that requires cooking before consumption. Ham, on the other hand, is also cured but is ready to eat, although it can be further cooked for added flavour. The curing process involves preserving the pork in salt, which draws out moisture and inhibits bacterial growth. This process also imparts a distinctive flavour profile that becomes even more pronounced during slow cooking.Gammon is typically available in various sizes, ranging from small joints suitable for a smaller family to larger joints ideal for festive gatherings. It can also come smoked or unsmoked, offering a choice of flavour intensity. Smoked gammon has been further treated with smoke, adding a deeper, richer flavour.Why Slow Cook Gammon?The slow cooker is an ideal tool for cooking gammon for several reasons. Firstly, the low and slow cooking process allows the meat to become incredibly tender. The gentle heat breaks down the tough connective tissues, resulting in a melt-in-your-mouth texture.Secondly, slow cooking infuses the gammon with flavour. Whether it's cooked in water, stock, or a flavourful glaze, the long cooking time allows the flavours to penetrate deep into the meat. This creates a truly delicious and aromatic experience.Finally, slow cooking is incredibly convenient. Simply place the gammon in the slow cooker with your chosen liquid or glaze, set the timer, and forget about it. This frees up your time to focus on other tasks, making it an ideal option for busy weeknights or festive occasions.Factors Affecting Cooking TimeSeveral factors influence the cooking time of gammon in a slow cooker. These include:Size of the Gammon: This is the most significant factor. Larger joints will naturally require longer cooking times.Type of Slow Cooker: Different slow cookers have varying heat settings. Some cook hotter than others, which can affect the cooking time.Temperature Setting: The temperature setting on your slow cooker (low or high) will also impact the cooking time.Whether the Gammon is Soaked: Soaking gammon before cooking helps to remove excess salt. If the gammon is not soaked, it may require a slightly longer cooking time to ensure it is cooked through.Bone-in or Boneless: Bone-in gammon generally takes slightly longer to cook than boneless gammon.Recommended Cooking TimesAs a general guideline, the following cooking times are recommended for gammon in a slow cooker:Small Gammon (1-1.5kg): 4-5 hours on high or 6-8 hours on low.Medium Gammon (1.5-2.5kg): 5-6 hours on high or 8-10 hours on low.Large Gammon (2.5-3.5kg): 6-7 hours on high or 10-12 hours on low.These are just estimates, and it's always best to check the internal temperature of the gammon to ensure it is cooked through. The internal temperature should reach 70°C (160°F) for safe consumption. Use a meat thermometer to accurately measure the temperature. Insert it into the thickest part of the gammon, avoiding any bone.Step-by-Step Cooking GuideHere's a step-by-step guide to cooking gammon in a slow cooker:1. Soak the Gammon (Optional): If the gammon is particularly salty, soak it in cold water for several hours or overnight, changing the water periodically. This will help to remove excess salt. 2. Prepare the Slow Cooker: Place the gammon in the slow cooker. 3. Add Liquid: Cover the gammon with liquid. This could be water, stock, cider, or a flavourful glaze. For a simple glaze, consider using a combination of honey, mustard, and brown sugar. 4. Cook the Gammon: Cook on low or high, according to the recommended cooking times. 5. Check the Temperature: Use a meat thermometer to check the internal temperature of the gammon. It should reach 70°C (160°F). 6. Rest the Gammon: Once cooked, remove the gammon from the slow cooker and let it rest for at least 20 minutes before carving. This allows the juices to redistribute, resulting in a more tender and flavourful gammon. 7. Glaze (Optional): For a glazed finish, score the gammon in a diamond pattern and brush with your chosen glaze. Place the gammon under a hot grill for a few minutes until the glaze is golden brown and bubbling.Tips for Perfect Slow Cooker GammonDon't Overcook: Overcooked gammon can become dry and stringy. Use a meat thermometer to ensure it is cooked to the correct temperature.Use a Flavourful Liquid: The liquid you cook the gammon in will impart flavour to the meat. Experiment with different liquids and glazes to find your favourite combination.Let it Rest: Resting the gammon after cooking is crucial for ensuring tenderness.Don't Be Afraid to Experiment: Try different flavour combinations and cooking times to find what works best for you.Carving and ServingCarving the gammon correctly will enhance the eating experience. Use a sharp carving knife to slice the gammon thinly against the grain. This will help to ensure that the meat is tender and easy to eat.Slow-cooked gammon is incredibly versatile and can be served in a variety of ways. It's delicious served hot with roasted vegetables, mashed potatoes, and gravy. It's also excellent served cold in sandwiches, salads, or as part of a charcuterie board.The Final Verdict: A Symphony of Flavors AwaitsMastering the art of slow cooking gammon is within reach with the right knowledge and a little patience. By understanding the factors that influence cooking time and following the recommended guidelines, one can consistently produce a tender, flavourful, and unforgettable gammon dish. This method transforms a simple cut of meat into a culinary masterpiece, perfect for family dinners, festive celebrations, or any occasion that calls for a truly special meal.Information You Need to KnowQ1: Can I use frozen gammon in a slow cooker?A: It's generally not recommended to cook frozen gammon in a slow cooker. The slow cooking process may not raise the internal temperature of the gammon quickly enough to prevent bacterial growth. It's best to thaw the gammon completely in the refrigerator before cooking.Q2: How do I prevent my gammon from drying out in the slow cooker?A: Ensure the gammon is fully submerged in liquid while cooking. Also, avoid overcooking the gammon. Use a meat thermometer to check the internal temperature and remove it from the slow cooker once it reaches 70°C (160°F). Resting the gammon after cooking also helps to retain moisture.Q3: Can I add vegetables to the slow cooker with the gammon?A: Yes, you can add vegetables to the slow cooker with the gammon. Root vegetables like carrots, potatoes, and parsnips work well. Add them to the slow cooker at the same time as the gammon, or slightly later if you prefer them to be less soft.Q4: What can I do with leftover slow-cooked gammon?A: Leftover slow-cooked gammon can be used in a variety of ways. It's great in sandwiches, salads, omelets, and quiches. You can also shred it and use it as a topping for pizzas or pasta dishes.Q5: Is it necessary to soak the gammon before slow cooking?A: Soaking the gammon is optional, but it's recommended if the gammon is particularly salty. Soaking helps to remove excess salt, resulting in a more balanced flavour. If you're unsure whether to soak the gammon, taste a small piece of it before cooking. If it tastes very salty, soaking is a good idea. Do you have gammon, but don't know how to cook it? Our Slow Cooker Gammon Joint recipe is the perfect way to cook this delicious cut of meat with minimal prep time. Our easy slow cook method is a hands-off way to cook the gammon, to make ham or boiled bacon, and the serving options are endless! Whether you want it as part of a Sunday roast dinner, boiled bacon and cabbage or carved into thick slices for Christmas ham, our slow cooker gammon recipe will be sure to please. Luke and Kay - Flawless Food This slow cooker gammon recipe is an easy way to cook this delicious cut of meat with minimal prep time. The gammon joint can be served as part of a Sunday roast dinner, boiled bacon, cabbage and mash, or carved into thick slices of Christmas ham.We use carrots to raise the gammon off the base these add flavour to the stock, if you are not planning on keeping the gammon juices, you can use a slow cooker trivet instead.You can add flavour to the cooking liquid, leaving you with a delicious ham stock perfect for cooking soups, vegetables or rice. Rate this Recipe Print Recipe Pin Recipe SaveSaved! Remove packaging, including plastic or paper casing if it has it. Cut the carrot into thick even size chunks, 1 Large Carrot, 2 Bay Leaves Lay these on the base of the slow cooker pot and add the bay leaves (if using). If you have one, you can use a slow cooker trivet instead of carrots. Place the gammon joint on top of the carrots to prevent it from touching the base. Pour the water into the pot, don't pour over the gammon.You can use vegetable stock instead if you plan to use the leftover cooking juices to create ham stock. Cook on the low setting for 5 hours Remove gammon, cover with foil and allow to rest for 20 minutes before slicing. Remove excess fat with a sharp knife. Cut into desired-size slices and serve, warm or cold! Calories: 1590kcalCarbohydrates: 7gProtein: 284gFat: 38gSaturated Fat: 12gPolyunsaturated Fat: 8gMonounsaturated Fat: 15gTrans Fat: 0.3gCholesterol: 806mgSodium: 1050mgPotassium: 4897mgFiber: 2gSugar: 3gVitamin A: 12119IUVitamin C: 4mgCalcium: 187mgIron: 9mg Please mention @flawlessfooduk or tag #flawlessfooduk! This post was updated on 08/03/2025 by placing the recipe card higher on the page for a better user experience. Read on below for more detailed instructions and serving suggestions. Jump to: Gammon is the cured, smoked or unsmoked hind leg of pork. It is cut from the same area as ham or bacon rashers but sold as a large uncooked joint. Gammon is sold as a raw joint, but it is known as ham or boiled bacon once cooked. You can read more about the differences here. This slow cooker ham recipe cooks gammon perfectly to create juicy slices of ham that you can cut to your desired thickness. Its great served as part of a roast dinner or with ham, egg and chips. If you desire fall-apart pulled ham, this is not the right recipe. I will create another blog for that soon! If you wanted a more luxurious glazed Christmas Day Dinner ham, check out this honey roast gammon we have created using a boil and roast method. You could still cook this slow cooker recipe and use the honey and mustard glaze from that recipe to roast after. One of the best things about cooking gammon in the slow cooker is that not many ingredients are needed. Gammon joints are available in most supermarkets and come in smoked and unsmoked varieties. The smoked gammon joint has a delicious smoky flavour, while the unsmoked gammon joint is a little milder. The size can vary, we have used a small 1.3kg round joint in this recipe, which is available all year around. You will find a lot of larger gammon joints at Christmas time. Perfect cooked for Christmas Ham, or served with cheese and meat platter. Whichever gammon joint you choose, just make sure it will fit in the slow cooker pot and adjust the cooking time for a larger joint. Water creates steam and catches the gammon drippings during cooking, which makes a delicious ham stock to use for cooking rice, vegetables or soups with. Don't let the gammon sit in the water. It is there to create steam to make tender slices of ham which won't fall apart. You can use hot or cold water at the start it doesn't make any difference during the slow cooking process. If not planning to use the cooking liquid to make a gammon stock you can stop here; the other ingredients are not needed! We use the carrot to help lift the gammon joint off the base of the slow cooker pot (like a trivet). You can use other vegetables (carrots are the cheapest) or an actual trivet instead if you have one! It also adds some extra flavour to the leftover ham stock. Add bay leaves to the water for a subtle herby flavour to add to the baked ham stock. You could use low-sodium vegetable stock (there is enough salt in the gammon, so best to stick with low sodium option) instead of just fresh water for a deeper flavour to the cooking liquid, perfect when used to make ham soup. Try other herbs or spices can be added to the stock. Such as cloves, garlic, or peppercorns. The preparation time is super quick, start by removing any packaging from the gammon joint. It may have a paper, plastic or net around it; this should be removed too. Leave any rind or skin on it whilst you cook gammon in the slow cooker. Cut the carrot into large even chunks and place on the base of the slow cooker before adding the gammon on top. Put a cup of water (about 240ml) in the base; this should be enough liquid without touching the gammon. Use less water if your slow cooker is smaller and coming too close to the gammon. Add any additional flavouring you like to the water to help create a nice stock. Cooking time for Slow Cooker Gammon can vary, depending on the weight and size of your joint. We used a 1.3kg round gammon joint and cooked on low for 5 hours. A larger 2kg joint, will take about 6 hours on low to cook through and reach the safe internal temperature of 74C. A Meat thermometer is what you need to make sure it is cooked through, they are Inexpensive and help assure the meat is cooked. Once cooked, remove it from the slow cooker pot and cover it with foil. Allow it to rest for at least 20 minutes before carving. Pour the stock into a jug and cover, once cooled, keep in the fridge until needed. Use a sharp knife to cut away any excess fat, then cut cooked gammon into thin layers for tender ham, or thicker slices to serve as boiled bacon. Makes beautiful ham sandwiches with English mustard. Or try using dijon mustard. Cut leftovers into cubes and use them in our stunning leftover turkey and ham pie or serve it chopped up with Basmati Rice. Boiled Bacon and Cabbage, served with mashed potato and parsley sauce. Here are some other things we think are great served with cooked gammon. Cooked Gammon keeps in the fridge for up to 3 days, or frozen for up to 2 months. Make sure you defrost any frozen gammon thoroughly before consuming. Leftover ham stock should be stored in the fridge and freezer; it makes a delicious addition to soup, vegetable or rice dishes. You can freeze in smaller portions for easy usage in future meals. So now you know how to cook gammon to make ham in the slow cooker. Why not check out some of our other slow cooker recipes? Try out our Slow Cooker Beef Joint, or one of our favourites for Christmas Day is our Slow Cooker Christmas Pudding. Do I need to soak the gammon joint first? No, it is not always necessary to soak a gammon joint before slow cooking unless it is heavily salted. These days supermarket joints are not too heavily salty; if buying from a butcher, ask their advice. Slow cooker Gammon makes