**Glazed Loin of Bacon with Colcannon Mash**

**Serves 4 - 6**

*The shape of loin of bacon is perfect for easy carving and it makes a nice change from traditional ham.*

1 Ham Fillet (Bacon Loin, approx 1.2kg (2.5 pounds)

1 carrot

1 onion, studded with 2 cloves

1 sprig rosemary

2 sprigs thyme

**glaze :**

2 tbsp irish whiskey

4 tbsp honey

200 ml dry cider

**Colcannon Mash**

5 – 6 large potatoes, peeled

60ml Buttermilk

60g Butter

Salt & Pepper

100g Savoy cabbage, shredded

**Parsley Sauce:**

25g butter

25g flour

300ml Milk

2 tbsp parsley, chopped

50ml white wine

Salt and pepper

Place the ham into a large saucepan and cover with water. Add the carrot, onion and herbs. Bring slowly to the boil, then simmer for 20 minutes per pound.

Preheat the oven to 180C/350F/Gas Mark 4.

Meanwhile, bring the potatoes to the boil, then simmer for 15-20 minutes or until completely tender. Drain in a colander and return to the saucepan. Add the butter and buttermilk and mash using a potato masher. Add the shredded cabbage and season well with salt and pepper.

Then, prepare the parsley sauce. Melt the butter slowly in a small saucepan. Add in the flour and mix until combined. Cook on a low heat for one minutes to take the taste of the flour away. Gradually whisk in the milk and continue to stir until it comes to the boil again. Cook on a medium heat for 2 - 3 minutes. remove from the heat and add the cream, parsley and white wine. Check the seasonning and keep warm covered until required.

Place the whiskey in a pan with the honey and cider, then heat gently until dissolved. Remove the ham from the water and lace the ham in a small roasting tin and brush all over with the glaze. Bake for 15-20 minutes until completely heated through and well glazed, basting occasionally.

Slice the ham and serve on a bed of colcannon mash, and parsley sauce. Serve immediately.