

Gammon, Cheesy Veggie Bake

Ingredients



- 1kg gammon joint
 - 1 tbsp honey
 - ½ tbsp mustard
- 250g broccoli / cauliflower florets
 - 250g mixed veg
 - 2 tbsp flour
 - 2 tbsp butter
 - 500ml milk
- 150g cheese, grated
- 50g breadcrumbs

Method

Roast Gammon

1. Put the gammon in a large pot and cover with just enough water so that it is submerged.
2. Bring to the boil and then cover and simmer for 40 minutes.
3. Mix the honey and mustard together.
4. Remove the gammon from the water and cover with the honey and mustard.
5. Cook in the oven at 200c for 20 minutes or in the air fryer for 15 minutes at 180c.
6. Rest before slicing.
7. Save the cooking water and 100g of meat for the soup. And save 200g for the carbonara.

Cheesy Veggie Bake

1. Put the veg into one pot and cover with water. Cook for 10 minutes.
2. Melt the butter in another pot.
3. Stir in the flour and cook off for 3 minutes.
4. Gradually whisk in the milk.
5. Bring to the boil then reduce the heat and simmer until the sauce is thick and glossy.
6. Remove from the heat and stir in 100g of cheese.
7. Put the veg in a casserole dish and cover with the sauce.
8. Mix the breadcrumbs and remaining cheese and use it to top the dish.
9. Cook in the oven at 200c for 10 minutes.