

Roast Gammon, Whole Roast Cauliflower Cheese & Roast Potatoes



Ingredients

- 1kg gammon joint
- 6 tbsp honey
- 4 tbsp mustard
- 2 tbsp garlic

For the roast potatoes

- 1kg baby potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

For the whole cauliflower cheese

- 1 cauliflower
- 2 tbsp flour
- 2 tbsp butter
- 500ml milk
- 1 tbsp mustard
- 200g grated cheese

Methods

1. In a bowl mix your honey, garlic and mustard until the honey is slightly sticky and well mixed into the mustard.
2. Smother your ham in your marinade.
3. Loosely wrap in foil. Place the ham into your air fryer.
4. Cook for 25 minutes at 200°C.
5. Remove the foil and cook for a further 25 minutes at 170°C.
6. Take out and wrap in foil and rest the joint for 20 minutes.
7. Gammon can also be cooked in the slow cooker. On low for 8 hours or on high for 6 hours.

Note: Keep 200g of cooked gammon for recipes later in the week.

Let's cook the roast potatoes

1. Par boil the baby potatoes for about 15 minutes.
2. Drain and allow to dry.
3. Mix the oil and salt and pepper together and pour over the baby potatoes.
4. Mix well to ensure the baby potatoes are covered completely.
5. Squash the baby potatoes down with a masher.

6. Put in the air fryer at 200°C for 20 minutes.

Let's cook the whole cauliflower cheese

1. Put the whole cauliflower into a large pan with enough cold water to cover it.
2. Cover and bring to the boil.
3. Reduce heat and simmer for 15 minutes.
4. Drain and allow the cauliflower to dry.
5. Meanwhile, in a separate pot, melt the butter over a medium heat.
6. Stir in the flour and allow to cook out for 2 minutes.
7. Gradually pour in the milk, stirring continuously.
8. Bring the mix to the boil and then reduce the heat and simmer until the sauce has thickened.
9. Take off the heat and stir in the mustard and 150g of the cheese and keep stirring until it has melted.
10. Put the cauliflower into a deep casserole dish and pour over the sauce.
11. Top with the remaining cheese and pop in the oven at 200c for 15 minutes.