

# Roast Gammon, Cheesy Veg, Roast Potatoes

## Ingredients

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

### For the cheesy veg & roast potatoes:

- 500g potatoes, washed and dried
  - 1 tbsp oil
- 180ml double cream
  - 1/2 tsp salt
- 1/4 tsp garlic granules
- 1/4 tsp black pepper
- 50g cheese, grated
- 200g frozen mixed vegetables, defrosted

## Methods

### Let's make the honey mustard glaze:

1. In a bowl, combine honey, garlic, and mustard.
2. Mix well until the honey is slightly sticky and thoroughly incorporated into the mustard.

### How to air fry:

1. Place the gammon joint on a clean surface, generously smother it with the honey-mustard mixture, ensuring all sides are coated.
2. Loosely wrap the gammon joint in foil, leaving room for heat circulation.
3. Preheat the air fryer to 200°C.
4. Carefully place the foil-wrapped gammon joint into the air fryer basket.
5. Roast for 25 minutes at 200°C, then remove the foil.
6. Continue cooking for an additional 25 minutes at 170°C.
7. Remove from the air fryer, wrap tightly in foil, and let it rest for 20 minutes.

### How to conventionally cook:

1. Place the gammon in a large pot, cover with enough water, and simmer for 40 minutes.
2. Mix honey and mustard, cover the gammon, and cook in the oven at 200°C for 20 minutes.
3. Rest before slicing.

### For the cheesy veg & roast potatoes:

1. Preheat the Air Fryer to 180°C or the oven to 200°C.
2. Peel and slice potatoes into thin rounds. Coat with oil in a bowl.

### How to air fry:

1. Place potato slices in the air fryer basket. Air fry at 180°C for 18 minutes.
2. Prepare the cream mixture (double cream, salt, garlic powder, and black pepper).
3. After 18 minutes, add defrosted mixed vegetables to the basket.
4. Pour the cream mixture over potatoes and vegetables, ensuring even coating.
5. Gently press down on the potatoes and continue air frying at 150°C for 15-18 minutes until tender.
6. Sprinkle grated cheese evenly over the potatoes. Air fry at 200°C for an additional 1-2 minutes until the cheese melts.
7. Let it cool for 10 minutes before serving.

### How to oven cook:

1. Follow the same steps but at 200°C for an initial 25 minutes and then at 170°C for 20 minutes.