

Gammon & Mash myinheritedkitchen.co.uk

Ingredients <i>(Red = optional)</i>	Amount for one person	Your variation
Gammon steak	1	
Carrots <i>(fresh)</i>	2	
Potatoes <i>(unpeeled)</i>	300g	
Peas <i>(frozen)</i>	80g	
Olive oil <i>(not virgin)</i>	2tsp's	
Butter	10g	
Pepper		
<i>Mustard (whole grain)</i>	1tsp	
<i>Rosemary</i>	1tsp	
TIP <i>If you use a frying pan instead of a Wok reduce heat to 4.5</i>		



Prep Time minutes	Cook time minutes	Your revised time
12	23	<input type="text"/>

Tools that help

- 1 x 16 cm saucepan
- Scales
- Wok/frying pan
- Stirrer
- Turner
- Potato masher
- Timer
- Microwave steamer
- Vegetable peeler
- Sharp knife
- Sieve
- Cutting board

Prep Instructions

1. Pour 0.5 litres of water into the saucepan
2. Boil the water in the saucepan and add ½ tsp salt
3. Put 2 teaspoons of olive oil in the wok/frying pan
4. Set the wok to heat 6 for 5-8 mins
5. Wash and peel potatoes, cut into roughly 2cm chunks
6. Peel carrots and cut into 1cm pieces
7. Place 1 tbsp of water in the microwave steamer
8. Coat the gammon with the mustard and Rosemary
9. Add pepper and salt to the gammon

All recipes are based on using an induction hob, fan oven and microwave set at 1,000

All prepared? Start timer at:	23	
Put potatoes into the saucepan	23	
Simmer potatoes at heat 5.5	22	
Put gammon into the wok	16	
Turn gammon steak with turner	9	
Carrots and peas in the steamer	8	
Start microwave at 1,000 for 4.5 min	7	
Heat plate in microwave for 2 mins	2	
Remove gammon and rest on a plate	2	
Drain potatoes in the sieve	1	
Return potatoes to saucepan	1	
Add butter and mash	1	
Put all food on a clean heated plate	0	
Add pepper to taste	0	