



Maybe it's not traditional, but this recipe has crossed oceans and mutated so much, it's not easy to say what is actually traditional.

A little Gammon Joint went a very long way?.

Ingredients:-

700g Gammon Round Cut
1 Onion, thickly sliced
2 Carrots, chopped
1 large Leek, thickly sliced
2 Parsnips, chopped
2 Sprigs of Fresh Thyme
2 Sprigs of fresh Rosemary
100ml of Lactose free Milk
A healthy glug of Hendersons Relish
2 Tbsp of Cornflour and water, mixed
1l of Chicken Stock
Salt & Pepper to taste

Method:-

- (1) Boil the Gammon in water for 30 minutes.
- (2) Rinse in cold water and clean the pan out.
- (3) Add the Vegetables with the Thyme, Rosemary and season with Salt & Pepper.

- (4) Cut the Gammon into large cubes and add to the pan.
- (5) Pour over the Stock.
- (6) Bring to the boil and then reduce the heat to a simmer.
- (7) Add to Cornflour and water fix with a good glug of Hendersons.
- (8) Stir well and simmer for 1 ½ to 2 hours until the Gammon is tender.

We topped ours with croutons made from home baked Gluten free Bread, which added a nice crush.