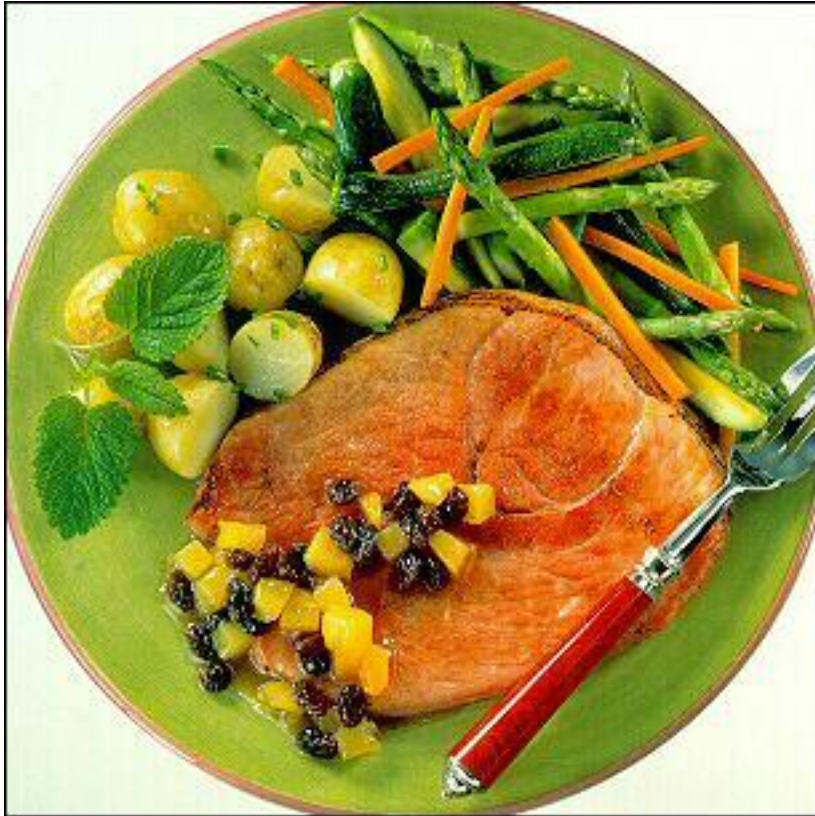


# Gammon Steaks



## Ingredients

These are always available and always in season. Very often home-cured to a mild recipe, the savoury flavour is complimented by garnishing with fruits like pineapple, peaches, apples, pears or even plums.

- Two gammon steaks
- 165 ml (¼ pint) cider
- 25g (1oz) raisins
- 227g (8oz) can pineapple pieces in natural juices drained
- 5ml (1 tsp) honey
- 1.25 ml (¼ tsp) cornflour

## Method

It is often better to retain the outer "crackling" when cooking to preserve the succulence. If you do this it is as well to score it at intervals to avoid the steak curling when it is cooked. If serving with peaches, skin and slice them in half, removing the stone and place on a shallow tray, cut side up. Sprinkle with a little sugar and grill very lightly.

1. Grill the gammon steaks as above.
2. Meanwhile heat the cider (reserving a tablespoon to mix with the cornflour) and raisins in a saucepan.
3. Simmer for 5 minutes.
4. Add the pineapple and honey and bring to the boil.
5. Blend the cornflour with the reserved cider, add to the saucepan and boil rapidly to thicken.
6. Serve with new potatoes, carrots, courgettes and runner beans.

### Caution:

Fruit is extremely hot when eaten straight from the oven. Always leave a minute or so to cool before serving.

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