



## Roast Meats 4

### Gammon

Seal a piece of gammon (about 1 kilo) In aluminium foil and place on a baking grid over an oven tin. Cook for 2 hours in the oven at mark 5. Remove from the oven, cool, and carefully unwrap the foil pouring off the liquid into a Tupperware container. Transfer the gammon to a warm place until ready to eat.

Serve with Parsley sauce (qv) chips and frozen broad beans

Divide the liquid into two, and place in the freezer. This may then be used to make pork pies (qv) or added to "Soaky" peas to give a ham flavour. It can also be used to add to pea and ham soup if there is a plentiful supply



This recipe has been brought to you by The Cream Of Tartar Company Limited

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