

HAM IN MUSTARD SAUCE



Serves: 4 to 6

Prep time: 20 minutes

Cooking time: 20 minutes

Ingredients:

750 g whole cooked smoked ham

Parsley leaves, torn, to garnish

Potatoes, boiled, for serving

Swiss chard or spinach, braised, for serving

For the sauce:

2 T olive oil

4 T flour

4 T English mustard

100 g brown sugar

½ t salt

2/3 cup boiling water

2/3 cup red-wine vinegar

2/3 cup mayonnaise

A good squeeze of lemon juice

Cooking instructions:

Preheat the oven to 180°C. Slice the ham and arrange in a suitably sized baking dish. Pour over the sauce,

cover with foil and bake for 20 minutes or until piping hot.

Garnish with torn parsley leaves and serve with boiled potatoes and braised Swiss chard or spinach.

To make the sauce: Place the oil, flour, mustard, sugar, salt and boiling water in a small saucepan. Place over a saucepan of simmering water and stir until smooth.

Add the vinegar and continue to stir until smooth and slightly thickened. Allow to cool slightly then whisk in the mayonnaise and lemon juice, to taste.

Cook's notes: Use Woolworth's ready-cooked tongue instead of ham, if you prefer. Leftovers make good sandwiches- try them on rye bread for something different.

Recipe by: Phillippa Cheifitz