

Garth McColgan Recipe

Steamed Fillet of Ham
with Cider and Mustard Sauce

Serves

6

Prep
Time

30
mins

Cook Time

70
mins

A tasty
Spring roast



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Perfect with...



Specially
Selected
Roasting
Potatoes in
Goose Fat

Villa Malizia
Pinot Grigio



Garth McColgan

Steamed Fillet of Ham with Cider and Mustard Sauce

Ingredients

- | | |
|---|-----------------------------|
| 1 Fillet of Ham | ½ tsp Mixed Spice |
| 400g Bacon Off-cuts, cut into fork sized pieces | 500g Baby Potatoes, halved |
| 3 Red Onions, cut into fork sized pieces | 2 Sprigs Rosemary |
| 8 Shallots, peeled, whole | 2 tbsp Dijon Mustard |
| 8 Cloves Garlic, peeled, whole | 1500ml Can Taurus Dry Cider |
| 3 Large Carrots, peeled, cut into fork sized pieces | 1 Chicken Stock Cube |
| ½ Turnip, peeled, cut into fork sized pieces | 150ml Water |

For Garnish

- ½ Carrot, grated
- ½ Turnip, grated
- 1 Red Onion, thinly sliced

Method

1. Cook the bacon off-cuts in a large pot for 5 minutes over a high heat. Stir once.
2. Add all the vegetables and mixed spice to the pot, cover and cook in the bacon fat for 3-4 minutes.
3. Pour the contents of the pot into a large roasting tray or casserole dish.
4. Return the pot to a high heat. Brown the fatty side of the fillet of ham for 2-3 minutes until nicely coloured.
5. Put the coloured fillet of ham onto the bed of vegetables in the roasting tray.
6. Add rosemary, Dijon mustard, stock cube, cider and remaining water.
7. Cover the roasting tray tightly with tinfoil.
8. Cook in a pre-heated oven at 180°C for 1 hour.
9. Remove from the oven, leave to sit for 5 minutes and then slice the fillet of ham.
10. Prepare the garnish as above and mix together.
11. Serve in a bowl with the vegetables, all the lovely juices and top with crunchy garnish.

Cooking Tip

Drop garlic cloves and shallots into boiling water for 20 seconds and cool in cold water. It will make them a lot easier to peel. The water will discolour but it won't affect the flavour.



Bacon Off-cuts

Small Irish Ham Fillet

Shallots

Red Onion

Garlic

Baby Potatoes

Carrots

Turnip

Mixed Spice

Rosemary

Taurus Dry Cider

Dijon Mustard

Chicken Stock Cubes