

Gammon steaks with caramelised apple and Traditional Welsh Cider* glaze



Pork and apple are a classic combination served with a twist in this recipe. A large glass of Welsh cider is the perfect accompaniment!

Serves 4 | Prep 10 minutes | Cook 20 minutes

Ingredients

4 Traditionally Reared Pedigree Welsh Pork gammon steaks •
25g butter
1 tbsp olive oil
2 eating apples, cored and cut into 6 slices each
1 tbsp demerara sugar
1 tbsp cider vinegar
150ml Welsh cider

Method

- 01 Heat the oil with half the butter and fry the gammon steaks on both sides for 6-7 minutes until they are slightly browned. Remove from the pan, cover them and keep them warm.
- 02 In the same pan, add the remaining butter, sprinkle with sugar and stir until the sugar has dissolved. Cook the apples until browned on all sides, then remove.
- 03 Deglaze the pan with the vinegar and scrape up the cooking juices. Add the cider and reduce until you have a good, syrupy sauce. Pop the gammon back in the pan to reheat and serve immediately with the sauce.

