

Recipe of the Week – Boiled Ham

Yes really. Just plain old boiled ham.

Buy one of the half moon shaped pieces of ham in any supermarket. Typically it will cost about £4 at the moment although occasionally Sainsburys offer them at the bargain basement price of 3 for £10.

Place in large pot. Cover with cold water.

Chop two onions into eighths. Peel and roughly chop about 5 medium sized carrots and place in the pot with a tablespoon of peppercorns and three good handfuls of yellow split peas. Bring to boil and simmer for an hour to an hour and a half.



Take the ham out and leave to cool before slicing for your sandwiches.

Use either a liquidiser or a handblender to blend the soup to a smooth creamy texture.

Yum! Also good value – soup for four (possibly twice) and ham for either a meal with potatoes and cauliflower cheese or on sandwiches with mustard...