

Boiled Peas and Ham

Ingredients

150g fresh or frozen peas
500g ham joint
½ tsp horseradish sauce
1 dessertspoon linseeds
A knob of butter
2 clean cloths tea towels will be fine
2 pieces of string

Method

1. Put a large pan on the stove [big enough for the ham and the peas]
2. Shell the peas if using fresh
3. Put the peas in a dish and add the butter, linseeds and horseradish
4. Tip the pea mixture into the clean cloth. Gather the cloth up around the peas and tie with string.
5. Put the ham in the centre of the second cloth and tie this into a bag too
6. Now put both bags into the boiling water and cook for about 1 1/2 hrs
7. Lift out the ham and the peas and put in a bowl to drain
8. Remove the ham from the parcel and slice
9. Arrange the ham on individual plates or onto the centre of a serving dish
10. Spoon the pea mixture around the meat and serve!

Horseradish has been grown since ancient times and was used as a medicine during the middle ages. The root was used as a condiment with meats in Germany, Scandinavia and Britain.