

Gammon Steak and Orange Sauce

Ingredients: -

4 - gammon steaks trimmed of all excess fat

5ml/1 tsp - dried marjoram

225ml/8fl oz - dry white wine

150ml/5fl oz - orange juice

25g/1 oz - extra virgin olive oil

25g/1oz - flour

1 - orange, peeled and sliced

grated rind of above orange

salt and white pepper to taste

Method: -

Preheat grill to moderate.

Rub the steaks with the marjoram then grill for 5 minutes each side.

Put wine and orange juice into a saucepan and bring to the boil.

Remove from heat and set aside.

Melt the margarine in another saucepan - remove from heat and stir in the flour to make a smooth paste.

Gradually stir in the wine and orange juice, whisking if any lumps form.



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Add salt and pepper to taste and the orange rind.

Return to heat and bring to boil.

Cook, stirring constantly for 2 to 3 minutes or until sauce is thickened and smooth.

Transfer the gammon steaks to a warmed serving dish.

Pour over sauce and garnish with the orange slices.