

How to cook [Gammon Steak](#)

1. Season the Gammon Steak on both sides.
2. Heat the oil in the frying pan on a medium heat.
3. Place the steak in the pan once it has reached cooking temperature - the steak should sizzle immediately.
4. Cook for around 10 minutes, turning occasionally to get a nice colour on both sides.

[how to cook gammon steak Oven-baked recipe](#)

Serves 2

1 tsp rapeseed oil

2 gammon steaks

Heat the oven to 200C/180C fan/gas 6. Oil the steaks and put them on a baking sheet, season well.

Cook for 7 mins and then turn over and cook for another 7 mins.

how to cook gammon steak Pan-fried recipe

Serves 2

2 tsp rapeseed oil

2 gammon steaks

Heat the oil in frying pan large enough to hold 2 gammon steaks. Season the steaks. Put them into the pan and cook on a medium heat for 5 mins - they should have started to brown slightly. Turn the steaks over and cook for another 5 mins. If they are not cooked through, cook for 1 min more on each side.

A nice way to cook gammon steak

Ingredients

85g bulgur wheat

85g fresh or frozen peas or petits pois (200g/8oz in the pod)

A large leek, thinly sliced
1 orange, halved
1 tbsp Worcestershire sauce
A tbsp runny honey
1 tsp Dijon mustard
2 lean gammon steaks
1 tbsp mint sauce

Method

STEP 1

Preheat the grill to high. Tip the bulgur and 450ml/16fl oz cold water into a large saucepan, bring to the boil and simmer for 8 minutes. Toss in the peas and leek and bubble for 3-5 minutes more, until soft.

STEP 2

Meanwhile, while the bulgur bubbles, make the glaze and cook the gammon. Squeeze the juice of one orange half into a pan, stir in the Worcestershire sauce, honey and mustard and simmer for 2 minutes until sticky. Season the steaks with pepper only, put them on the rack and grill for 5-6 minutes each side, brushing frequently with the glaze.

STEP 3

When the bulgur is done, drain, season well with salt and pepper and fork in the mint sauce.

STEP 4

Cut each steak in half and serve on the bulgur, with the remaining orange half cut into segments.