



quality pork cuts  
from Cookstown



lovingly  
prepared by  
our chefs



for recipes you  
can enjoy and  
try at home!



# gammon steaks

marinated in  
pineapple and chilli

## let's cook...

1. In a small bowl, combine the pineapple juice, vegetable oil, sliced chillies, chopped pineapple, lemon juice, sugar, salt and pepper.
2. Place the gammon steaks into a sealable bag and pour in the pineapple and chilli mix, seal the bag and place in the fridge for about 4 to 6 hours.
3. Pre-heat the oven to medium-hot. Remove the steaks from the marinade and place them on a roasting tray in the centre of the oven. Cook for about 8 to 10 minutes. Pour the remaining marinade over the steaks and cook for a further 8 to 10 minutes or until the liquid has reduced and gone sticky.

## time to dish up...

Once the steaks are done, carefully remove them and serve immediately with fresh salad leaves, sliced red chilli and sun-blushed tomato.

## ingredients

4 Cookstown gammon steaks

### pineapple and chilli marinade

200ml of fresh pineapple juice  
20ml of vegetable oil  
1-2 sliced red chilli  
200g of roughly chopped  
fresh pineapple  
1 tbsp of lemon juice  
1 teaspoon of castor sugar  
Ground Black Pepper and Salt  
(to season)

### serving suggestion

Mixed leaves  
Sliced red chilli  
Sun-blushed tomatoes

serves 4

