

Leek, Ham and Rice





Ingredients and Preparation

SERVINGS

Serves 2 to 3 people

INGREDIENTS

400g – 500g Leek
125g Cooked or Crumbed Ham
120g Uncle Ben's Long Grain Rice
100g Gruyère Cheese
300ml Single Cream
300ml Water
200ml White Wine
1 Vegetable Cube
2 Portions of Butter/Margarine (15g and 10g)

SUGGESTED PANS AND DISHES

1 2Litre Pan with Lid
1 Oven Proof Dish (25cm long, 15cm wide, 5cm deep)
1 Wooden Spoon

PREPARATION

Pre-heat oven to 200C. For fan assisted ovens, 180C is recommended.

Melt 15g of butter/margarine in pan. Add rice and stir with wooden spoon ensuring entire mixture is fully greased.

Remove outer layer of leeks and cut into lengths of approximately 10cm. Half each piece down its length and wash thoroughly under cold running water. Cut each one into slices of approximately 2mm in thickness. Add sliced leek pieces to pan and stir with wooden spoon.

Add water, white wine and vegetable cube to pan and mix.

Cover pan and cook on medium heat for approximately 20 minutes, stirring occasionally until mixture is dry. Allow to cool.

Chop or cut ham into thin strips and add to mixture. Continue to stir.

Add single cream to mixture and stir thoroughly.

Grate cheese and add to mixture. Continue to stir.

Grease oven proof dish with 10g butter/margarine. Pour mixture into dish and spread evenly.

Bake in middle of oven, at 200C, for approximately 20 minutes.

Turn off heat and leave in oven for a further 5 minutes.

Serve with a salad.