



# HAM STEAK WITH CREAMY CORN GRITS

Green Beans and Gravy

PRONTO



HELLO

HAM STEAK

Pan-fried to perfection!

TIME: 30 MIN



Ham Steaks



Corn Kernels



Cornmeal



Sour Cream



Shallot



Parsley



Green Beans



Cornstarch



Chicken Broth Concentrate



Garlic



Worcestershire Sauce

## BUST OUT

- Large Non-Stick Pan
- Paper Towels
- Potato Masher
- Garlic Press
- Aluminum Foil
- Sugar (½ tsp | 1 tsp)
- Milk 2 (¼ cup | ½ cup)
- Unsalted Butter 2 (2 tbsp | 4 tbsp)
- Measuring Cups
- Whisk
- Measuring Spoons
- Small Bowl
- Medium Pot
- Salt and Pepper
- Olive or Canola Oil

## INGREDIENTS

2-person | 4-person

- Ham Steaks 2 | 4
- Corn Kernels 227 g | 454 g
- Cornmeal 1 ¼ cup | ½ cup
- Sour Cream 2 6 tbsp | 12 tbsp
- Shallot 50 g | 100 g
- Parsley 7 g | 14 g
- Green Beans 170 g | 340 g
- Cornstarch 9 1 tbsp | 1 tbsp
- Chicken Broth Concentrate 1 | 2
- Garlic 3 g | 6 g
- Worcestershire Sauce 0 1 tbsp | 2 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



**1 PREP** Wash and dry all produce.\* Peel, then thinly slice shallot. Roughly chop parsley. Trim beans, then halve. Peel, then mince or grate garlic. Pat ham steaks dry with paper towels. In a small bowl, whisk together **broth concentrate, Worcestershire sauce, ½ tbsp cornstarch, ½ cup warm water and ½ tsp sugar** (dbl all for 4 ppl). Set aside. (**NOTE:** This will be your gravy!)



**4 COOK VEGGIES** Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beans and shallots**. Cook, stirring occasionally, until **beans** are tender-crisp, 5-6 min. Add **remaining garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt and pepper**. Transfer to a plate, cover with foil and set aside.



**2 START CREAMED CORN** Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted. Add **corn** and **¼ cup milk** (dbl for 4 ppl). Bring up to a simmer. Simmer, stirring occasionally, until softened, 2-3 min. Using a masher, lightly mash **corn**.



**5 COOK HAM STEAKS** Reduce the heat to medium, then add **½ tbsp oil** (dbl for 4 ppl). When hot, add **ham steaks**. Pan-fry, until golden-brown and cooked through, 2-3 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.\*\*). Transfer to a plate and cover to keep warm.



**3 FINISH CREAMED CORN** To the pan with **mashed corn**, add **cornmeal, half the parsley, half the garlic, ½ tsp salt and 1 cup water** (dbl all for 4 ppl). Bring up to a simmer. Cook, stirring occasionally, until slightly thickened 1-2 min. Remove from heat, then stir in **sour cream**. Season with **pepper**. Cover and set aside.



**6 FINISH AND SERVE** To the same pan, add **1 tbsp butter** (dbl for 4 ppl) and **gravy mixture**. Cook, scraping up the **brown bits**, until **gravy** has reduced and thickened slightly 1-2 min. Divide **creamed corn grits, veggies and ham steaks** between plates. Spoon over **gravy**. Sprinkle over **remaining parsley**.

## WOWZA

A savoury Southern-inspired summer treat!