

Ham and Leek Cheesy Crumble

This tasty Ham and Leek Cheesy Crumble includes plenty of nutritious vegetables.



Milk, mustard, soya and wheat (gluten)*

Nutritional information per portion (272g):

Energy	Fat	Saturates	Sugars	Salt
1325kJ 316kcal 16%	15g 22%	5.2g 26%	7.5g 8%	1.2g 21%

of an adult's reference intake.
Typical values per 100g: energy 487kJ/116kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Small mixing bowl x 2
Can opener
Colander
Large, deep frying pan
Wooden spoon
Measuring jug
Grater
Measuring spoons
Mixing bowl
Large ovenproof dish
Oven gloves
Pan stand

Ingredients

Serves 5
160g cooked ham
(better bought as one piece)
1 x 198g can sweetcorn
2 medium leeks
25g unsaturated fat spread
25g plain flour
175ml semi-skimmed milk
175ml water
15g mature Cheddar cheese
1 x 5ml spoon French
mustard
10g fresh herbs OR
1 x 5ml spoon dried herbs
125g frozen peas
Black pepper (optional)

Crumble topping

60g wholemeal flour
20g unsaturated fat spread
2 x 5ml spoons cold water
35g breadcrumbs
35g mature Cheddar cheese
½ x 5ml spoon dried thyme OR
1 x 5ml spoon fresh thyme

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Tear the ham into bite-sized chunks and place in a bowl.
3. Open the can of sweetcorn, drain, and add to the ham.
4. Top and tail the leeks and peel off and discard the outer layer. Slice partway from the top of the leeks down and rinse under water to remove any dirt. Slice the leeks in half lengthways, then across into semicircles about 2cm thick.
5. Melt the spread in a frying pan over a low heat and add the leeks. Stir for 5 minutes until soft.
6. Sprinkle the flour over the leeks and stir to combine – it will look lumpy at this stage. Cook for 2 minutes, stirring gently so that it doesn't burn.
7. Measure the milk and water together, then add about 50ml to the leeks at a time, allowing it to fully combine and thicken a little before adding the next 50ml (this stops it splashing out of the pan and allows any lumps to disappear). Simmer for 5 minutes then turn off the heat.
8. Grate the cheese and stir into the pan together with the mustard. Wash, then chop the fresh herbs finely, and when the cheese has melted, add the ham chunks, sweetcorn, frozen peas and herbs, and add black pepper to taste (if using). Pour the mixture into the ovenproof dish.
9. To make the crumble topping, measure the flour into a bowl. Cut the spread into roughly 2cm chunks and rub into the flour to form fine crumbs. Add the water to help it clump together. Stir in the breadcrumbs and grate in the cheese. Then add the thyme and combine well.
10. Sprinkle the crumble topping over the ham and leek mixture.
11. Using the oven gloves, place the crumble into the preheated oven and bake for 25 minutes until golden brown and bubbling around the edges.

Something to try next time

- For a dairy-free version, replace the milk with soya milk and the cheese with a dairy-free cheese substitute. Choose a dairy-free spread suitable for cooking and baking.
- For a gluten-free version, substitute the flour for a gluten-free flour mix and use breadcrumbs made from gluten-free bread.
- To spice up the crumble, add ½ x 5ml spoon of chilli flakes or ½ a chopped fresh chilli when you soften the leeks, or season the sauce with a sprinkle of paprika.

Prepare now, eat later

- Chop the leeks and store in food bags and tear up the ham and store in an airtight container. Both items can be stored in the fridge for up to 24 hours.
- To cook later, add the crumble topping once the base is cold. Cover and store in the fridge and cook within 24 hours.
- Make a large amount of breadcrumbs from stale bread and freeze them in freezer bags, then you can take out the breadcrumbs as you need them and use them straight from the freezer.
- Rub together the flour and fat and store in bags in the fridge for up to 4 days.
- Freeze the prepared crumble, well-wrapped, for up to a month. Defrost thoroughly then cook it until piping hot following the instructions in step 11.

Skills used include:

Weighing, measuring, peeling, chopping, grating, rubbing-in, boiling/simmering, frying and baking.

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