

3 x 410g tins butter beans, drained and rinsed  
750ml (1½ pints) chicken stock  
250ml (½ pint) dark beer  
3 tablespoons dark rum  
1 tablespoon Worcestershire Sauce  
2 tablespoons tomato ketchup  
1 teaspoon English mustard powder  
1 tablespoon black treacle  
1 tablespoon dark muscovado sugar  
400g tin chopped tomatoes  
1 small bulb garlic, cloves separated and peeled  
790g (1¾lb) piece smoked gammon

# Baked gammon & beans



Serves 4

**Prep time: 5 mins** **Cook time: 3 hours**



- 1** Preheat the oven to 180°C Bottom Heat.
- 2** Place all the ingredients, except the gammon, in a 3 litre (6 pint) ovenproof casserole dish and mix together well.
- 3** Push the gammon down into the bean mixture, cover and cook on shelf 1 for 3 hours, until the gammon is tender and falling apart.
- 4** To serve, break up the meat using the back of a spoon and stir into the sauce. Great served with fresh crusty bread.

**Cook's tip:** this dish literally takes just 5 minutes to assemble – and then you can simply forget about it while it cooks. The gentleness of Bottom Heat allows you to cook the gammon to the point where it's so tender it's falling apart, without worrying about the juices drying out.