



Southern Ham Salad

The American South is famous for smoked ham. It's fried for breakfast, sliced for sandwiches and popular in this party favourite. It's called Southern ham salad, but it's really more of a dip or spread.

Makes about 1½ cups



INGREDIENTS

- ½ cup whole-egg mayonnaise (150g/5½oz)
- 3 green onions, very finely chopped
- 1 tablespoon very finely chopped flat-leaf parsley
- 2 teaspoons whole-grain mustard (10g/½oz)
- ½ teaspoon salt flakes, crushed
- Good pinch ground cayenne pepper, more or less to taste
- Several grinds black pepper
- 200g smoked leg ham, chopped (7oz)
- Crackers and/or celery heart, for serving

METHOD

1. Place mayonnaise, green onion, parsley, mustard, salt, cayenne and pepper in a bowl and mix well.
2. Stir through the ham, cover and refrigerate until ready to serve.
3. Serve with crackers and/or stalks of tender celery heart.