

Ham, Brussels Sprout and Shiitake Bake - by Healing Family Eats

*This recipe is also fantastic for using up the leftovers from roast chicken (or turkey for that matter) so bear this in mind, especially if you can't get your hands on any AIP-friendly ham * (serves 4-6)*

1 medium (1+3/4 lb) cauliflower, cut into large florets
1+1/2 lb rutabaga, peeled and chopped
2 tbsp [pork lard](#) or other solid fat, divided
5 inch white piece of leek, thinly sliced
4 oz shiitake mushrooms, sliced
12 oz brussels sprouts, outer leaves removed and sliced thickly (halved if small)
3/4 cup chicken or turkey broth, heated
1/4 packed cup finely chopped curly parsley
10 oz piece of nitrate-free ham, cut into smallish bite-sized pieces *
[flaky sea salt](#) to taste

Preheat the oven to 375F.

On separate trays, steam the rutabaga and cauli for around 15 minutes until tender. Put the rutabaga tray closest to the heat source and be aware that depending on the size of your chunks and florets, you will probably need to remove the cauli before the rutabaga is ready.

In a large saucepan melt 1 tbsp of the lard and sauté the leek for 3-4 minutes. Add the mushrooms to the pan and continue for 4 minutes or so, followed by the brussels for a further 5 minutes.

Put the steamed cauli into a [food processor](#) with the remaining lard and purée until *completely* smooth (this should yield about 1+1/2 cups), then place 1 cup worth into a large bowl and stir in the warmed broth. This is your white sauce. Leave the remainder of the purée in the processor. Now stir the brussels mixture, parsley, ham and a sprinkle of salt into the bowl of white sauce. Taste the mixture, making sure you have a small amount of the ham on your spoon and add more salt if necessary. Tasting in this way is important as the salinity of ham means you likely won't need to add very much.



However if you are using chicken or turkey instead, you will need to add more salt as it has a blander flavour. Transfer the mixture to an 11 x 8 inch ovenproof dish.

Meanwhile, put the steamed rutabaga into the processor with the reserved cauli purée, add a sprinkle of salt and process again until smooth. Spoon this over the ham mixture and place into the oven for 25-30 minutes until the ham is completely heated through, and the bake browned and bubbling. Alternatively make sure everything (including the ham) is piping hot as you assemble it, then place under a hot broiler for around 10 minutes to colour the topping.

Serve with a side of something colourful, such as lightly steamed carrots.