



# EAT THIS IN REMEMBRANCE OF ME

Simple food  
for a simple man



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When Jesus said those words he was holding simple everyday food, a staple that everyone knew and had access to. What a powerful thing to link an act of remembrance to our daily bread. Every day we eat to sustain our bodies and Jesus invites us to sustain our spirits as well.

Grandad was a simple man with simple tastes. That's not to say he wasn't adventurous and didn't like to try new things, but he always relished the comfort and familiarity of good, simple, farm food. Set in front of him a curry or a stir-fry and he would surely clear the plate and may even state 'that was good', but give him steaming potatoes in their skins, a thick fatty piece of salty ham, a mound of boiled cabbage, all smothered in white sauce, and he would hungrily lick his lips and rub his belly, exclaiming 'now this is proper simple food!', and with an excited 'Oooohhhh', he'd dive right in.

For me food is a powerful link to community, both past and present. Many of my fondest memories are of times spent with family and friends around a table. In those moments food doesn't just sustain our bodies, it provides the setting for our whole lives to be nourished, too. When I eat Grandad's favorite meal I will think of him sitting across the table from me, his calm steady presence, his joyous laugh, his never-ending salt pour, his wild stories, the twinkle in his eye as he sneaks another chunk of cheese, his whistles, his deep faith, and his love of life. I invite you to remember grandad with this meal.

Written by Nigel Smith



# POTATOES BACON AND CABBAGE

Serves 4

1½ lbs (.68 kg) ham (or larger if you want leftovers, but make sure to adjust cooking time accordingly)  
8 medium to large floury potatoes, skins on, scrubbed and halved  
1 head of savoy, green, or white cabbage, quartered, cored and shredded  
2 tablespoons butter  
salt and pepper  
Knorr white Sauce  
300ml milk

What grandad calls bacon we now call ham so look for ham when shopping

When Grandad was young they would salt and store their own pork, he would often complain that the ham these days was getting less and less salty.

You can peel the potatoes but Grandad would often ask 'why are you getting rid of the best part?'

Put ham into a large saucepan, cover with cold water, bring slowly to the boil. Drain, then refill saucepan with cold water. Bring slowly to the boil again for 5 minutes. Skim the white froth from the top of the water to get rid of the salt.

Turn down heat and simmer steadily for about 1½ hours. Occasionally, check for and skim any white froth that rises to the surface.

When ham has about 15 minutes left, add potatoes to a saucepan, cover with cold water, bring to a boil, reduce heat and simmer until soft. Usually 20-30 minutes.

When ham is cooked, remove from the pot, reserving the cooking liquid. Set bacon aside and cover with foil or a kitchen towel to keep warm.

Bring ham cooking water back to a boil. Add the cabbage and cook for about 3-5 minutes until tender. Drain well. Return cabbage to the saucepan, add butter, salt and pepper to taste.

Blend contents of Knorr White Sauce with 300 ml of cold milk in a saucepan. Bring to the boil, stirring constantly. Reduce heat and simmer for 2 minutes, stirring occasionally.

Slice the ham into thick pieces. Serve with potatoes, buttered cabbage, and white sauce.

Recipe by Nigel and Kyria Smith

# GRANDDAD (SAM HARPER)

1920 - 2020

