

Parma Ham, Caramelized Pink Lady® Apple and Parmesan Cheese Salad



Chef Clare Bock of Appetite Catering created this lovely summer salad.

*8 slices Parma ham
3 Pink Lady® apples, unpeeled and cored and cut into segments
2 tablespoons castor sugar
1-2 tablespoons butter
1 Packet Rocket
Mixed Salad Leaves
Shaved Parmesan Cheese
2 tablespoons balsamic vinegar
5 tablespoons extra virgin olive oil*

Heat oven to 180°C.

Combine apples, sugar and butter in roasting pan and bake for approx 30 minutes, turning often, you want the apple to soften and begin to caramelize but not stick to the pan. You may need to add more butter.

Cool apple when finished at room temp.

To serve arrange salad leaves and rocket on plate, pile Parma ham on top, add apples and parmesan cheese.

Drizzle the olive oil & balsamic vinegar over the salad and serve immediately.

Serves 4

Smoked Beef or Smoked Ostrich can also be used.

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Created by:



Pink Lady®, so much more than an apple!™