

Nolan's Butchery of Mansfield

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Ham Hocks

*Recipe reproduced with kind permission of David Braim,
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A ham hock is the cured, hind-leg, hock joint section, which is too often considered only suitable for soup. But this meat is under estimated. It can be used successfully in a stew. The layer of fat, after a long cooking process, is what helps the meat achieve its tender result.

Ingredients:

Ham Hocks

4 Ham Hocks
1 onion, roughly diced
1 carrot, diced
2 celery sticks, diced
4 bay leaves
10 peppercorns
3 sprigs rosemary

White Bean and Vegetable Stew

Oil for sauteing
1 onion, diced
2 cloves garlic, crushed
1 carrot, diced
2 celery sticks, diced
1 eggplant, diced
1 zucchini, diced
2 tomatoes, diced
1 tin crushed tomatoes
1 tin white beans, cooked
½ cup frozen green peas
1 litre chicken or veggie stock
1 tbsp sage
salt & pepper to taste

Method:

To cook hocks, saute vegetables and place in large baking dish or casserole along with herbs. Put hocks on top and cover completely with water. Cover with foil or lid and braise in a moderate oven (175C) for about 1½ hrs stirring occasionally, or until hocks feel tender when pierced. Remove hocks and strain the liquid. Reserve the juice but discard the herbs. Return hocks to baking dish.

To make stew, heat oil and saute onion, garlic, carrot and celery for about 5 mins over a gentle heat. Add eggplant, tomatoes, zucchini and saute for a further five minutes. Added tinned tomatoes, drained white beans and peas, then pour in stock. Season with sage, salt & pepper, then pour vegetable stew over cooked hocks. Cover and return to oven until all vegetables are tender (about 15 mins at 180C)

Serve hocks on vegetable stew accompanied by crusty bread and/or scalloped potatoes.