

Ham Hock Faggots





12 hour cider braised ham hocks faggots, smoked pancetta, golden beetroot piccalilli



Food Labelling...

EU Label values per 100g

Serves 6

	PER 100G	%RI	PER 862G SERVING	%RI	CONTAINS:			
Energy(Kj)	272 kJ	3%	2341 kJ	28%				
Energy(kcal)	65 kcal	3%	557 kcal	28%	BARLEY	CELERY	MUSTARD	SULPHITES
Fat	2.5 g	4%	22 g	31%				
of which saturates	0.8 g	4%	7.2 g	36%				
Carbohydrate	5.5 g	2%	48 g	18%				
of which sugars	5.3 g	6%	46 g	51%				
Fibre	0.5 g	2%	2.2 g	9%				
Protein	4.9 g	10%	42 g	84%				
Salt	0.29 g	5%	2.5 g	42%				
HFSS Rating	-2	points						

Recipe Ingredients ...	Quantity:	Description:
122327 Gammon Hocks 900-1000g	900g	1x Each
133513 Hawkes Urban Orchard Apple Cider 330ml - BRAKES	717ml	2x Each
1 - 1 Tap Water (for VC recipes) - BRAKES	500g	0.5x Each
87011 Brakes Cinnamon Sticks (22 May 2023)	12g	
100244 The Juice Apple Juice (9 Jun 2023)	2.5l	2.5x Each
450693 Carrots CLASS II (19 Apr 2023)	100g	
10469 - 10469 Cooking Onions - BRAKES	50g	Each
10228 - 10228 Celery - BRAKES	80g	Each
10288 Leeks	80g	
113881 - 113881 Herb Bunched Flat Leaf Parsley - BRAKES	5g	Each

27639 Colman's Wholegrain Mustard 2.25L - BRAKES	5g	
116161 Smoked Pancetta Slices - BRAKES	72g	
121410 Golden Beetroot Piccalilli	50g	
13103 Chicory	15g	
134898 Red Chicory 500g - BRAKES	15g	15x Each
10519 Radicchio	15g	
10332 Lettuce Little Gem	40g	
118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES	10g	
113880 - 113880 Premium Large Chives Bunch - BRAKES	6g	Each
85120 Chef William Cooking Salt - BRAKES	10g	

Cooking Instructions & Notes

PREP

- Defrost the Ham Hock overnight out of all packaging.
- in a tall medium sized pan place:- ham hock, carrot, leek, onion, celery, cider, water & Cinnamon stick, place on the stove and cook on low heat until meat is tender and falls off the bone (approx 12 hours) allow to cool.
- Wash and pick all salad leaves
- Finely chop chives and mix with rapeseed oil
- Chop the parsley

Method

- Remove the Hock from the liquor and pick the meat off and flake
- Remove the vegetables and dice and add to the flaked meat
- Add the chop parsley and whole grain mustard and combine
- Line a ladle with clingfilm and line with pancetta
- Spoon in Hock mixture and wrap the pancetta around.
- In the clingfilm, remove from the ladle and mould into a dome. twist and tie the end of the clingfilm
- Place in a pan of simmering water for 8-10 minutes to blanch the bacon
- Remove from the water, take out of the clingfilm and place on a metal tray.
- Blowtorch the pancetta until seared and crisp
- Spoon a mound of piccalilli onto middle of a plate
- Place the faggot on top
- Plate the salad leaves around and dress with the chive oil