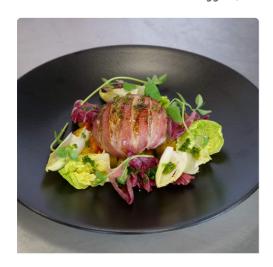




Ham Hock Faggots

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
Energy(Kj)	<b>272</b> kJ	3%	<b>2341</b> kJ	28%
Energy(kcal)	<b>65</b> kcal	3%	<b>557</b> kcal	28%
Fat	<b>2.5</b> g	4%	<b>22</b> g	31%
of which saturates	<b>0.8</b> g	4%	<b>7.2</b> g	36%
Carbohydrate	<b>5.5</b> g	2%	<b>48</b> g	18%
of which sugars	<b>5.3</b> g	6%	<b>46</b> g	51%
Fibre	<b>0.5</b> g	2%	<b>2.2</b> g	9%
Protein	<b>4.9</b> g	10%	<b>42</b> g	84%
Salt	<b>0.29</b> g	5%	<b>2.5</b> g	42%
HFSS Rating	-2	points		

CONTAINS:						
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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)	2.51	2.5x Each
450693 Carrots CLASS II (19 Apr 2023)	100g	
10469 - 10469 Cooking Onions - BRAKES	50g	Each
<b>10228 -</b> 10228 Celery - BRAKES	80g	Each
10288 Leeks	80g	
113881 - 113881 Herb Bunched Flat Leaf Parsley - BRAKES	5g	Each

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

85120 Chef William Cooking Salt - BRAKES

- 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