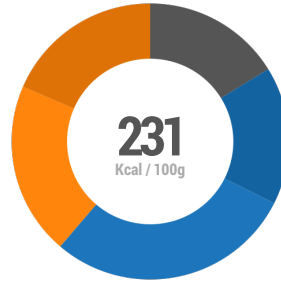


# Maple glazed ham hock and pea tartlets

Overview ...

U / 9304667



CALORIES:

**45% Carbs**

**16.2% Protein**

**38.7% Fat**

Food Labelling...

Serves **6**

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



HAZELNUTS,  
PECANS,  
ALMONDS,  
CASHEWS,  
WALNUTS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS



EGGS



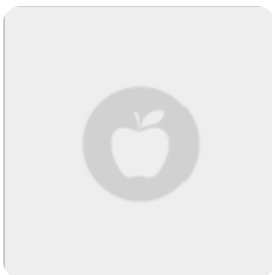
SOYA

Recipe Ingredients ...

	Quantity:	Description:
<b>109836 - 109836 Pidy Mixed Canape Shells.. - BRAKES</b>	<b>40g</b>	<b>6.08x Each</b>
110768 Sysco Classic Pulled Ham Hock..	40g	
100535 Brakes Pure Canadian Maple Syrup..	20g	
134195 Pinguin Pea Puree..	40g	
113881 Herb Bunched Flat Leaf Parsley (19 Oct 2023)..	5g	0.05x Each

Products / Pack Sizes ...

**1 Serving**



**Product code**

**Barcode**

**24.2g / 57kcal**

**# 1**

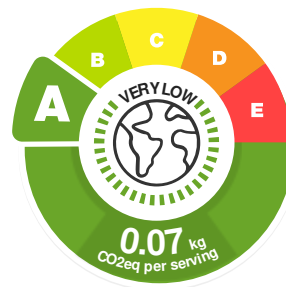
Sustainability & Foodprint...

Component	Grade	Contribution
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**Food Production**

0.43kg

40.0g	109836 Pidy Mixed Canape Shells	B	0.15kg
40.0g	110768 Sysco Classic Pulled Ham Hock	C	0.20kg
20.0g	100535 Brakes Pure Canadian Maple Syrup	B	0.03kg
40.0g	134195 Pinguin Pea Puree	B	0.05kg
5.00g	113881 Herb Bunched Flat Leaf Parsley (19 Oct 2023)	A	0.00kg



**Water Usage**

467l

40.0g	109836 Pidy Mixed Canape Shells	6	185l
40.0g	110768 Sysco Classic Pulled Ham Hock	7	245l
20.0g	100535 Brakes Pure Canadian Maple Syrup	4	36.8l
40.0g	134195 Pinguin Pea Puree	X	-
5.00g	113881 Herb Bunched Flat Leaf Parsley (19 Oct 2023)	X	-



62% Data Quality Score

**Your Transport & Packaging:**

1 Serving 24.2g (serves 1)

**Cooking Instructions & Notes**

**Preparation:**

- Defrost the ham hock
- Defrost the pea puree
- Finely chop the parsley

**Method:**

1. In a pan over a high heat bring the maple syrup to a boil - then stir in the ham hock and caramelize.
2. Place the pea puree into a piping bag, secure tightly and warm up in a microwave.
3. Pipe the pea puree into the base of the shells and place the crispy glazed ham on top.
4. Finally garnish with the chopped parsley - serve!