

Ham Hock Terrine

Makes 1 terrine:

2 ham hocks
1 onion, peeled
1 leek, washed, left whole
1 carrot, peeled
1 celery stick, washed, left whole
1 spring of thyme
1 bay leaf
2 black peppercorns

Wash the ham hock well under running cold water for a good hour.

Alternatively soak the hock in a bucket of cold water for 24 hours, changing the water 4-5 times.

Find a suitably sized pan to accommodate the ham hock and vegetables, herbs and peppers.

Cover with cold water and bring it to boil. Reduce heat and allow to simmer for 5-6 hours until the meat falls off the bone.

During the cooking process skim off scum that floats to the top.

Once cooked, remove the ham hocks, strain the cooking liquid and discard the vegetables.

Return the liquid to the pan and reduce by half.

When a ham hock is cool enough to handle remove the outer rind and fat. Carefully flake the meat from the bone, discard any fat so you are left with lean strands of ham. Put the shredded ham hock in the bowl, add the chopped shallots, parsley and pepper. Add a couple of tablespoons of the reduced stock - which is very gelatinous and will help stick and bind the ham together.

At this stage you could load the ham hock into the terrine, pour a little of the reduced gelatinous stock over, weigh the terrine down & set it in the fridge. Alternatively fill little ramekins, pour over a little stock and let them set.

But we like to roll the mixture into the sausage, with a surprise piccalilli centre.

Place a sheet of cling film on the work surface, make a rectangle of the flaked ham hock on the film about 12 cm x 8 cm and 1.5 cm thick. Spoon a line of piccalilli down the centre. Using the cling film to help, carefully wrap the ham around the piccalilli, when you've achieved a sausage shape, wrap it very tightly in cling film (think 'sweet wrapper' style twists at each end of the sausage). Refrigerate 12 hours to set.