



Ham hock & lentils

 Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ham hocks
- ☐ 1 onion quartered
- ☐ 2 carrots quartered
- ☐ 2 celery stalks cut into thirds crossways
- ☐ 3 sprigs thyme leaves fresh
- ☐ 1 bay leaf
- ☐ 250 g puy lentil
- ☐ 1 large knob butter

- ☐ 1 large onion diced finely
- ☐ 1 large carrots diced finely
- ☐ 1 celery stick diced finely
- ☐ 1 tbsp parsley fresh coarsely chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ sieve

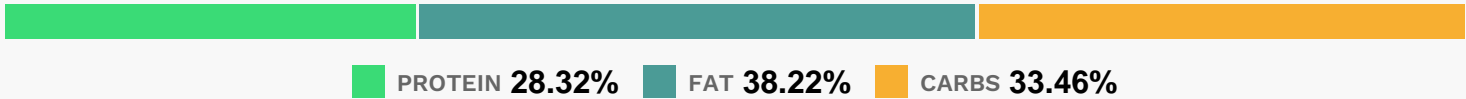
Directions

- ☐ Before starting the cooking process, first blanch the hocks to rinse away any impurities. To do this, just put the joints in a large saucepan, cover with cold water and bring to the boil. Reduce the heat and simmer for 1 minute, then carefully move the pan to the sink and drain off the hot water. Refresh the hams under cold running water for a minute or so, then tip out the water.
- ☐ The cooking process can now begin. To the blanched hams in the pan, add the onion quarters, along with the quartered carrots and the celery sticks, the thyme and bay leaf.
- ☐ Pour in enough fresh cold water to cover and bring to a simmer. The pan can now be covered with its lid and the hams cooked, keeping the liquor at a gentle simmer for 3 hours.
- ☐ To check if hams are cooked, pull out the small bone close to the large one it should be loose and come out easily. Rest hams in the stock for 15–20 minutes (30 minutes, ideally), so the meat softens and relaxes. Lift out the hams and set aside until cool enough to handle. Strain off 900ml/1 pint ham stock into a jug and set aside. Reserve leftover stock.
- ☐ Now prepare the lentils. First blanch them by plunging them into a pan of boiling water, then drain into a sieve and refresh under the cold tap. This process not only rinses the lentils well, but it also speeds up the entire braising process.
- ☐ Melt the butter in a medium saucepan.
- ☐ Add the diced onion, carrot and celery, cover the pan and cook without colouring for 5–6 minutes. Tip in the blanched lentils, then pour in 900ml/1 pint strained stock. Bring the lentils

to a simmer and cook for about 30 minutes check occasionally and top up with more stock if needed until tender. I prefer the braised lentils to have quite a loose final consistency without being over watery.

- ☐
- About 10 minutes before the lentils are ready, strip off the skin and fat from the hams with a knife, then remove the meat from the bones and cut it into rough pieces or shred it with your fingers. To serve, add the shredded ham and the coarsely chopped parsley to the lentils, and season with a twist of pepper. If you think you need a little more liquid, simply stir in an extra ladle or two of strained stock.

Nutrition Facts



Properties

Glycemic Index:60.54, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:20.286521884734%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 389.7kcal (19.49%), Fat: 16.45g (25.31%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 17.94g (6.52%), Sugar: 4.25g (4.72%), Cholesterol: 69.29mg (23.1%), Sodium: 192.72mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Vitamin A: 5593.31IU (111.87%), Fiber: 14.48g (57.91%), Folate: 216µg (54%), Manganese: 0.67mg (33.47%), Vitamin B1: 0.41mg (27.09%), Iron: 4.39mg (24.37%), Potassium: 785.3mg (22.44%), Phosphorus: 214.04mg (21.4%), Vitamin K: 17.74µg (16.9%), Vitamin B6: 0.33mg (16.29%), Magnesium: 60.47mg (15.12%), Zinc: 2.17mg (14.43%), Copper: 0.25mg (12.61%), Vitamin C: 8.66mg (10.5%), Vitamin B5: 1.05mg (10.47%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.12mg (7.28%), Calcium: 59.98mg (6%), Selenium: 3.75µg (5.36%), Vitamin E: 0.52mg (3.45%)