



Ham hock & mustard terrine



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small pork hock
- ☐ 8 servings unrefined sunflower oil for greasing
- ☐ 2 tbsp coarse mustard
- ☐ 1 small handful parsley chopped
- ☐ 1 sheet gelatin powder
- ☐ 8 servings caper
- ☐ 8 servings caper toasted
- ☐ 500 ml cider

- ☐ 2 carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 1 large onion chopped
- ☐ 2 bay leaf fresh
- ☐ 6 thyme sprigs
- ☐ 3 star anise
- ☐ 6 peppercorns whole

Equipment

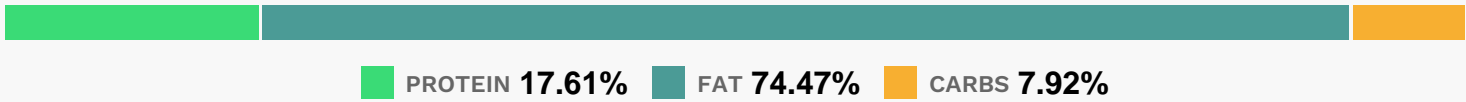
- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Put the ham hocks in a large pan with the stock ingredients. Cover with cold water. Set pan over a high heat and bring to the boil. Reduce heat to a simmer, cook for 2 and a half to 3 hrs or until the meat falls from the bone. Leave to cool in the pan.
- ☐ Grease a 1-litre terrine mould or loaf tin with the oil, then line with cling film.
- ☐ Remove the hocks, then strain the stock through a fine sieve into a pan. Set aside.
- ☐ Shred the ham, leaving some large chunks, removing as much fat and sinew as possible. In a large bowl, mix the ham with the mustard and parsley. Press the mixture into the prepared terrine.
- ☐ Bring the reserved stock back to a rapid boil and reduce by half. You should have about 600ml/1pt liquid remaining.
- ☐ Remove from the heat. Meanwhile, soak the gelatine in cold water for 5 mins to soften.
- ☐ Remove from the water, then squeeze out any excess liquid.
- ☐ Add the gelatine to the hot stock and stir well.
- ☐ Pour enough of the stock over the ham to just cover. Tap terrine firmly on a hard surface to knock out air pockets, then cover with cling film. Chill for 3-4 hrs or overnight. To serve, remove from the mould and carve into chunky slices.

Serve with caper berries and toast.

Nutrition Facts



Properties

Glycemic Index:31.48, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:6.8291304940763%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 309.13kcal (15.46%), Fat: 24.07g (37.04%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.26g (3.62%), Cholesterol: 46.33mg (15.44%), Sodium: 273.74mg (11.9%), Alcohol: 3.12g (100%), Alcohol %: 2.42% (100%), Protein: 12.81g (25.62%), Vitamin A: 2641.59IU (52.83%), Vitamin E: 5.91mg (39.41%), Vitamin K: 12.5µg (11.9%), Potassium: 255.89mg (7.31%), Iron: 1.22mg (6.8%), Vitamin C: 4.46mg (5.41%), Fiber: 1.25g (5.01%), Manganese: 0.1mg (5%), Calcium: 29.04mg (2.9%), Vitamin B6: 0.05mg (2.7%), Copper: 0.05mg (2.35%), Folate: 9.27µg (2.32%), Magnesium: 9.24mg (2.31%), Selenium: 1.56µg (2.23%), Vitamin B1: 0.03mg (1.93%), Phosphorus: 18.44mg (1.84%), Vitamin B2: 0.03mg (1.67%), Vitamin B3: 0.26mg (1.28%)