

HAM HOCK AND CANNELLINI BEAN SOUP

EQUIPMENT

CHEF KNIFE, MEDIUM SIZE FRY PAN, MIXING BOWL, SCALES

INGREDIENTS

600GM CANNELLINI BEANS (SOAKED OVERNIGHT), 2 LARGE SHALLOTS,
1 SMOKED HAM HOCK, 1/4 BUNCH PARSLEY, 1KG CHICKEN STOCK, OLIVE OIL, 4 BAY LEAVES, 4 SPRIGS OF THYME, SEA SALT

METHOD

SOAK CANNELLINI BEANS OVERNIGHT IN LOTS OF COLD WATER, THE FOLLOWING DAY STRAIN AND SET ASIDE

HEAT THE FRY PAN OVER MEDIUM HEAT, SLICE SHALLOTS AND SAUTÉ FOR 3-4 MINS IN OLIVE OIL

ADD THE BAY LEAVES, THYME, HAM HOCK AND STOCK. RETURN TO THE STOVE AND BRING TO THE BOIL

PLACE THE PAN IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 2 HOURS

REMOVE PAN FROM THE OVEN, REMOVE HAM HOCK AND SET ASIDE UNTIL COOL ENOUGH TO HANDLE

ADD THE BEANS TO THE PAN AND RETURN TO THE OVEN FOR A FURTHER 20 MINS

WHILE THE BEANS COOK REMOVE THE SKIN FROM THE HOCK AND REMOVE THE MEAT AND SLICE IT INTO BITE SIZE PIECES

ONCE THE BEANS ARE COOKED REMOVE FROM THE OVEN ADD THE HAM HOCK AND STIR THROUGH, CHECK THE SEASONING AND ADJUST IF
NECESSARY

PLACE INTO A LARGE SERVING BOWL AND TOP WITH FINELY CHOPPED PARSLEY

HINTS & TIPS

- USING THE STEAM OVEN TO COOK THE HAM HOCK ENSURES THAT YOU HAVE NO EVAPORATION OF THE STOCK, THEREFORE NOT HAVING TO DILUTE THE FLAVOUR BY ADDING ADDITIONAL STOCK
- DON'T ADD ANY SEASONING UNTIL YOU HAVE FINISHED THE DISH, SOME HAM HOCKS HAVE MORE SALT THAN OTHERS. YOU ALSO DON'T WANT
 TO SEASON THE BEANS WHILE COOKING AS THIS PREVENTS THEM COOKING THROUGH PROPERLY