



Ham Hocks

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Serves/Makes: 1 | **Difficulty Level:** 3 | **Ready In:** > 5 hrs

Ingredients:

ham hocks, as desired
bay leaf
peppercorns
celery
carrots
thyme

Directions:

I buy these all the time - on purpose. (There is some in my freezer as we speak.) (Oh - hint - store these away from things you don't want to have a smoky flavor, that taste/smell seems to travel.) The meat is ham-like but fatter and tougher, so it is best used for soup. Although I do sneak the cooked meat as a snack.

Basically I simmer in water to cover, until the meat is done to my liking. Take out and cool quickly then bone. Put the fat and bones back in the stock pot, adding bay leaf, pepper corns, celery, carrots and a little thyme. Cook for 4-8 hours, then strain and skim the fat. Use this stock to cook a bean based soup, like split pea, navy bean or even just potato. Add the diced meat when the whole soup is done. That way it keeps its flavor, which is like an intense ham.

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Nutrition:

per serving: 0 calories, 0g fat, 0g carbohydrates, 0g protein.

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