

HAM HOCK TERRINE

Ingredients

2 large ham hocks, about 1.2kg each
1 large onion
2 carrots
2 sticks celery
A handful parsley stalks
2-3 bay leaves
2-3 thyme sprigs
A large sprig fresh rosemary
2 star anise
2 tsp black peppercorns
2 tbsp dry sherry
4 sheets gelatine or 1 sachet gelatine crystals
2-3 tbsp capers
3 tbsp chopped fresh parsley

Preparation

1. Soak the hocks overnight in cold water, then drain and place in a large stock pot. Cover with cold water and bring to the boil. Roughly chop the vegetables and add to the pot along with the herbs, star anise and peppercorns.
2. Simmer for 2 1/2-3 hours until the meat is very tender. You should be able to wiggle the main bone when it is ready. Cool in the liquor.
3. Skin the hocks and pull the meat fibre away in their bundles. Strip as much fat and sinew away as possible. You should end up with about 750g meat. Press the meat bundles as flat as possible with your thumb and finger. You need long flat shreds.
4. Strain off 600ml of the stock and pour through a sieve lined with muslin or a clean J-Cloth. Chill the stock so any fat settles on the top and can be removed easily. Return the stock to the boil. Remove and add the sherry.
5. Meanwhile, soften the gelatine sheets in enough cold water to cover for a few minutes, then drain and squeeze dry. If using crystals then mix them with 2 tablespoons cold water until they go solid and look like wet sand. Slip the gelatine into the hot stock and stir until dissolved. Cool then chill until the mixture starts to set.
6. Mix the ham with the capers and parsley in a bowl. Then pour in about half the stock, mixing well.
7. Layer the meat shreds in a 1litre mould or 1kg loaf tin, making sure the fibres run lengthways. Press the meat firmly to level, then slowly pour over the rest of the stock, tapping the tin to make sure there are no air pockets. You may not need much more of the liquor. Cover with a sheet of cling film and chill in the fridge with a board on top to weigh it down.
8. Demould to serve by dipping briefly into a bowl of hot water, then shake out on to a board. Serve in chunky slices.