

# Pulled Ham Hough with Beetroot Relish

## Ingredients

- 900g (2lb) smoked ham hock, knuckle or shank, soaked overnight
- 1 medium onion, peeled
- 1 carrot, peeled
- 1 stick celery, trimmed
- 1 bay leaf
- 1l (1.2pint) fresh pressed apple juice and dry cider mixed (or all apple juice)

### For the relish:

- 200g (7oz) cooked beetroot in natural juice
- 1 small red onion, very finely chopped
- 1 small eating apple
- 2 tbsp balsamic vinegar
- 1 tbsp clear honey
- 2 tsp wholegrain mustard
- Salt and black pepper



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