

Pulled Ham Hough with Beetroot Relish

Serves
4-6

Prep Time
20 - 30 mins

Cooking Time
2 to 3 hours (in slow
cooker)



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

Cooking Method

- Preheat the slow cooker for 20 minutes on high. Drain the ham and put in a slow cooker dish. Add the onion, carrot, celery and bay leaf. Heat the apple juice and cider until simmering then pour over the ham. Cover with the lid and cook for 2 hours in a slow cooker on high. Turn the ham over, replace the lid and cook for a 3 hours on low until the ham is so tender it falls off the bone.
- For the relish, coarsely grate the beetroot and place in a serving bowl. Mix in the onion. Core and finely chop the apple, then mix into the beetroot along with the remaining ingredients. Cover and chill until required.
- To serve, drain the ham and remove the skin and bone. Shred the meat finely using 2 forks to pull apart the meat. Serve hot or cold accompanied with the beetroot relish and baked potato.

