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SOUPS



Smoky ham hock soup with chilli gremolata

SERVES 6

The cooking time is long here, but this is a lovely welcoming stockpot to have bubbling away in the kitchen on a wintry afternoon, filling the house with great smells. The salty ham hock and buttery beans make for a great mix of comforting flavours – and the crunchy, zingy, zesty gremolata cuts through the richness. Make your own stock (page 10) for extra flavour.



1 tablespoon olive oil
1 onion, finely chopped
1 carrot, diced
3 garlic cloves, crushed
500 g (1 lb 2 oz) smoked ham hock
200 g (1 cup) dried cannellini beans,
rinsed
2 litres (8 cups) vegetable stock
2 teaspoons sweet paprika
2 teaspoons smoked paprika

CHILLI GREMOLATA

grated zest of 1 lemon
1 long red chilli, finely chopped
15 g (½ cup) finely chopped parsley

Heat the olive oil in a large heavy-based saucepan over medium heat. Add the onion and carrot and cook, stirring, for 5–6 minutes, or until softened. Add the garlic and cook, stirring, for 1 minute.

Add the ham hock, beans, stock and all the paprika. Bring to the boil, then reduce the heat to low. Cover and simmer, stirring occasionally, for 2½ hours, or until the beans and hock are tender.

Remove the hock from the soup, allow to cool slightly then shred the meat from the bone. Discard the skin and bone.

Transfer about one third of the beans and carrots from the soup into a bowl. Mash roughly with a fork then stir back into the soup along with the shredded meat from the hock. Taste and season with salt and pepper, if needed.

To make the chilli gremolata, mix together all the ingredients.

Serve the soup in large bowls, with a sprinkling of gremolata and perhaps some crusty bread.













