



Discount fridge Gammon Hock. I've generally avoided Gammon until now as Sue's generally not a great fan. But we both really enjoyed it after a good hearty boiling with a few fragrant herbs and spices. There was enough meat for 4 adult servings for us from one Hock at £1.12.

Ingredients:-

Gammon Hock
Onion, roughly sliced
Whole Black Pepper corns
Bay Leaves
Ground Cloves
Dill
A pint of Cider

Method:-

- (1) In a large pan immerse the Hock in water and bring it to the boil for a few minutes.
- (2) Pour the water away and rinse the Hock in cold water,
- (3) Refill the pan and add the Hock and all the other ingredients. Top the pan up with water once you've added the Cider and bring back to the boil.
- (4) Once boiling reduce the heat to a gentle simmer for 2 to 3 hours.
- (5) When the meat is almost falling off the bone remove from the pan and allow to drain.
- (6) Strip the meat as you would with pulled Pork.

You can use your ?Pulled Gammon? as you wish. We added ours to a full dinner in a giant Yorkshire Pudding, because we're a bit sad like that!

