I have a confession to make. When I got the initial Ham Hock we looked at it and thought there didn?t seem it be much meal on it. I bought another. Eyes bigger than belly! We?ve enough Cooked Ham left for another meal tonight??

Ingredients:-

A Ham Hock for two. Or one each if you are ravenous!

Glaze ingredients:-

Honey
Mango Wine
Chilli Jam
Sliced Green Chillies

Method:-

(1) In a pan of water boil the Hock for 20 to 30 minutes. This partially cooks the meal and also removes some of the Salt.
(2) Drain and allow to cool.
(3) Pat dry with kitchen paper.
(4) In a pan bring the Glaze ingredients it a low simmer.
(5) Pre-heat the Air Fryer to 160c.
(6) Baste the Hock with half of the Glaze and pop in the Air Fryer for 25 minutes.
(7) Remove and pour the remaining Glaze over the Hock and return to the Air Fryer for a further

20 minutes.

This is really not traditional as such, but recipe mangling is fun! Sorry to our Polish friends for tinkering with your recipe, but it was good!!!