



I have a confession to make. When I got the initial Ham Hock we looked at it and thought there didn't seem to be much meat 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 meat 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 to 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!!!