



Jamie Oliver's Jerky Ham Hocks

Serves : 6-8

- 4x ham hocks
- Olive oil
- Extra virgin olive oil
- 1 Clementine

For jerk seasoning :

- 3 cloves garlic, peeled and roughly chopped
- 3 scotch bonnet peppers, deseeded and chopped
- 3 red shallots, peeled and diced
- 3 sprigs thyme
- 3 fresh bay leaves
- 3 cloves
- 3 tsp salt
- 3tsp allspice
- 3tsp runny honey
- 3tbsp golden rum
- 3tbsp red wine vinegar

1. Soak the ham hocks overnight in water
2. Preheat oven to 180°C.

3. Drain hocks and place in a baking tray.
4. Blitz all jerk seasoning ingredients together in a food processor until smooth then rub all over the hocks. Drizzle with oil then cover with foil.
5. Cook for around 3½ hours. Turn hocks during cooking to baste and get all flavours into the meat.
6. Shred the meat from the hocks using a fork or your hands, discarding the fat and the bones. Drizzle with the extra virgin olive oil and squeeze over the Clementine.
7. This is now ready and can be used in salads or in sandwiches and can be kept up to a week in a sealed container so you have something ready in your fridge for whizzing something up for your visitors over the festive season.

To reheat simply heat some oil in a frying pan and toss in the ham for a few minutes.