

Ham Hock and Pea Risotto

Ingredients

Risotto base

350g Arborio rice
2 Banana shallots
50g butter
100ml white wine
25g parmesan
1 liters chicken stock
Salt and pepper

Pea puree

200ml chicken stock
300g peas
Salt and peppers

Ham Hock

1 ham hock (soaked in water over night)
1 onion halved
2 celery sticks
10 black peppercorn
1 bay leafs
1 handful of parsley stalks

To serve

50g peas
1 hand full of pea shoots
3 Tbsp. mascarpone
3 Tsp. horseradish
Cracked black pepper

Method

Risotto base

- 1) Melt the butter and gently sweat off the finely diced onion
- 2) Stir in rice cook for 1 min at medium heat stirring all the time.
- 3) Add the wine when fully absorbed add a ladle of stock at a time
- 4) Remove from heat. Place in a shallow dish leave in the fridge to cool or to one side if you're going to serve immediately.
- 5) Correct the seasoning as needed

Pea puree

- 1) In a small pan bring the peas and stock to the boil
- 2) Blitz into a puree using a blender. To keep the full green colour you can add a couple of ice cubes to stop the cooking process
- 3) Season to taste

Ham Hock

- 1) Place all your ingredients in a large pan.
- 2) Cover with fresh cold water
- 3) Bring to the boil and simmer for 2 ½ - 3 hours topping up the water if needed
- 4) Leave your ham hock to cool in the water
- 5) Remove the ham from the liquid and remove the bone
- 6) Place the meat with enough of the liquid for you to reheat later to one side and discard the rest.

To serve

- 1) Mix your mascarpone and horseradish with a pinch of black pepper and put to one side.
- 2) Reheat the ham in the liquid you saved earlier.
- 3) I use a frying pan or sauté pan for the next stage as you don't want to split the rice by over stirring. Place a little left over stock or water into the bottom of your pan with your pea pure and your risotto base. Gently bring back up to temperature.
- 4) Check your seasoning. The rice should be now fully cooked with no grittiness, if not just add a little water to allow the rice to finish cooking.
- 5) When you are satisfied with the risotto add the rest of your peas (not frozen) add give it a quick stir.
- 6) Separate the risotto into four bowls and top with flacks of the ham hock, finish with a spoon of the mascarpone and garnish with pea shoots