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Recipe # 123 – Ham Shank with Root Vegetables

Preparation time: 5 mins – Cooking time: 1 hour 30 minutes

Ingredients:

- 1 ham shank
- 1 onion peeled
- 1 carrot peeled
- Base of celery (the root part of the celery – about 2 inches, whole)
- ¼ turnip peeled
- 3 potatoes peeled and halved

Method

1. Place the ham shank in pot in cold water and bring to the boil and skim the froth off the top
2. Cover with lid and simmer for 45 minutes
3. Add the celery, carrot, onion and turnip and simmer for a further 20 minutes
4. Add the potatoes and simmer for a further 25 minutes
5. Remove all from pot – remove skin, fat and bone from ham, half the celery, carrot, onion and turnip
6. Serve immediately

Serves 2

