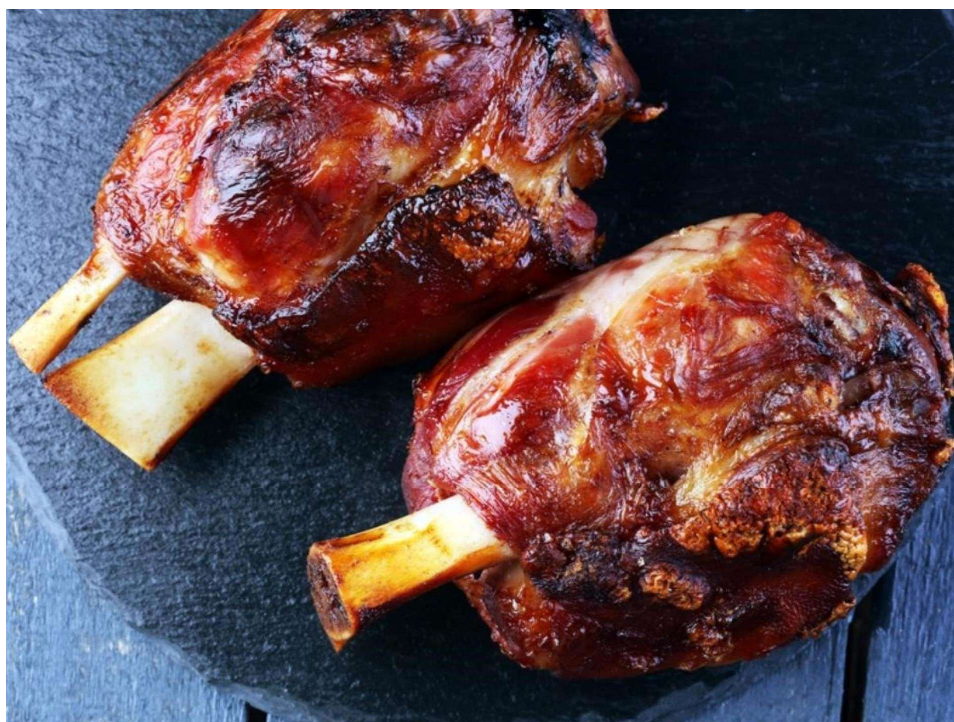


Brined and Roasted Ham Hocks



Ingredients

4 ham hocks	4 tbsp brown sugar
4 cups water	2 tbsp black peppercorns
2 cups apple cider	4 bay leaves
4 tbsp salt	

Directions

Step 1 – Mix the water, cider, salt, brown sugar, peppercorns and bay leaves together in a large food safe bucket or pan. Add the ham hocks, making sure they are fully submerged in the liquid (add more water if necessary) and allow the hocks to brine, refrigerated, for 48 hours.

Step 2 – Remove the hocks from the liquid, pat dry with paper towel, then place the hocks on a rack with a tray underneath and refrigerate the hocks, uncovered, for up to 24 hours, to dry out the skin.

Step 3 - Soak your preferred wood chips for at least one hour before cooking. We recommend apple chips (or chunks) for this recipe.

Step 4 – Heat the BBQ to low heat (150 - 170°C) with two zone heat. Ensure the inside of the BBQ and grills are clean. If you are using a charcoal grill, place your briquettes or charcoal to one side of the grill, keeping an area clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection in place.

Step 5 – Score the skin of the hocks, taking care to cut through the fat but not too deeply into the ham flesh. Rub the surface of the hocks with vegetable or rice bran oil.

Step 6 – Once the BBQ has reached temperature, drain the wood chips and place into a smoker box.

Step 7 – Add the smoker box to the BBQ over direct heat (or place the wood chunks directly onto the charcoal). Once the apple chips or chunks are smoking, place the hocks into the BBQ, away from direct heat, close the BBQ lid and roast the hocks for around 3 hours or until the internal temperature reaches 75°C. Serve as they are or shred the meat for other dishes.

