



Winter Pork Hock Soup

Zannie Flanagan, ASFM

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Ingredients:

1 pork hock from Hahndorf Gourmet
 2 cups of finely diced celery
 2 cups of finely diced onions
 2 cups of finely diced carrots
 3 large finely diced cloves of garlic
 4 dried mushrooms (available from Chinese grocery suppliers)
 2 bay leaves
 ½ teaspoon of freshly cracked black pepper
 3 medium potatoes, diced
 2 cups of washed and chopped spinach
 1½ – 2 litres of water
 1½ cups of red lentils
 Bunch of fresh parsley
 1 lemon and extra clove of garlic
 Sour dough cob, to serve.

Method:

Heat a large saucepan and sauté celery, onions and carrots until soft and slightly caramelised.
 Add pork hock, bay leaves, lentils and dried mushrooms to the pot and add enough water to completely cover the pork hock. Put on to a medium heat for 2 hours. Cover and let simmer.
 Add potatoes 15 minutes before the meat is fully cooked.
 Check regularly to make sure there is water in the pot covering the hock.
 When meat is beginning to fall off the bone, turn off heat, take out the hock and place on a plate until cool enough to touch.
 Take skin off the hock and throw away or give to the chooks.
 Take all the rest of the meat off the bone and chop roughly and put back in the pot.
 Take mushrooms out of the pot and remove stalks. Chop the rest of the mushroom into shreds and put back into the pot.
 Place spinach into the pot and cook through.
 While the spinach is cooking, chop the last clove of garlic together with the rind of ½ the lemon and the parsley until it is wet and paste-like and set aside.
 Squeeze the lemon into the soup and season the soup to taste. It shouldn't need salt but some more pepper usually improves the brew.
 Once the spinach is cooked, serve the soup in large bowls and add parsley mix to garnish the dish.
 Serve with thick slices of sour dough cob from Riviera.

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Ingredients

Pork hock
vegetables

Lemons

bay leaves
parsley

Sour dough cob

Stallholders

Hahndorf Gourmet (site 21)

[Patlin Gardens](#) (site 75), Golden BC (site 78), [Hart's Vegetables](#) (site 80),
[Alnda Farms](#) (site 84), [Virgara's Garden](#) (site 52), [N&M Tsimklis](#) (site 56)

[Fat Goose Fruits](#) (site 97); [Cooyinda Proprietors](#) (site 74);

[The Food Forest](#) (site 64, F); [Patlin Gardens](#) (site 75), Golden BC (site 78),
[Hart's Vegetables](#) (site 80), [Alnda Farms](#) (site 84),

B & A Andonopoulos (site 68)

[Aay's Fresh Herbs](#) (site 92)

[Salad Greens & Kitchen Herbs](#) (site 95-96), [Aay's Fresh Herbs](#) (site 92)

[Hillside Herbs](#) (site 88)

[Riviera Bakery and Paolo's Artisan Bakery](#) (site 15)