

Split Pea and Ham Hock

Ingredients

1 Ham Hock

250g Yellow Split Peas

250g Green Split Peas

2-4L Stock

2 large Carrots

Water to soak peas

Method

Rinse split peas well

Soak peas overnight in water allow approx. 5cm above the peas

Boil ham hock in the stock for 60minutes, remove allow to cool.

Cut meat off bone and dice.

Add carrot, peas and diced ham to stock, along with hock.

Boil until carrots are soft

Remove hock bone, puree if desired.

Serve with toast or crunchy bread