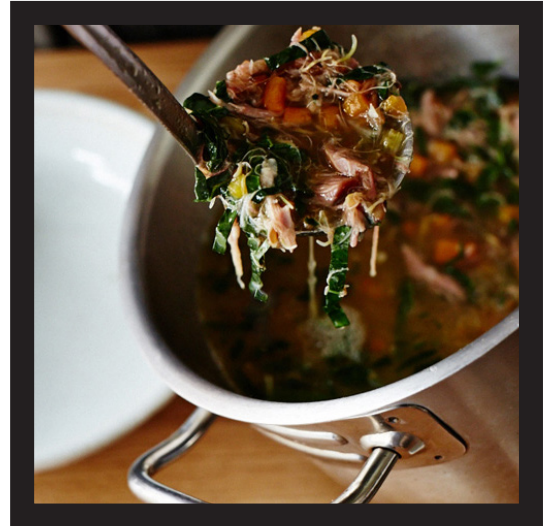


HAM HOCK SOUP

INGREDIENTS

- 1 Smoked ham hock
- 1 onion
- 1 celery stick
- 1 carrot
- 4 garlic cloves
- 50g rye grain or barley
- 5g thyme
- 1 rosemary sprig
- 1 bayleaf
- 100g cavolo nero or kale washed and sliced
- 10g parsley, chopped
- 1 lemon zest
- 30ml olive oil



METHOD

- Cover the ham hock in 2-3 liters of water and bring to a simmer for 3 hours
- You can add the Healing Herbal Stock Mix in the last hour of simmering
- Strain the stock into a bowl
- Allow ham hock to cool then pick the meat from the bone and set aside
- In a medium sized pot add chopped onion, carrot, celery and garlic and gently carmalise
- Add the reserved ham hock stock, rye/barley and herbs
- Bring to a simmer and cook until the rye is soft (about 15 – 20 mins)
- Add the cavolo nero or kale, cook until tender (about 10 – 15 mins)
- To serve add parsley, lemon zest and olive oil and season with salt and pepper

HEALING HERBAL MIXES

We recommend making your stock from scratch with your preferred Healing Herbal Stock mix. Our favourite blends for this recipe are Mamma Love or Vitality. Alternatively you can simmer our herbs in a pre-made stock for 1 hour before adding other ingredients.

