



## JAMBONNEAU À LA BIÈRE Beer-doused ham hock

Alsace is not only the land of Gewürztraminer, Riesling and Grüner Veltliner wines, it's also famous for beer. Strasbourg has many brasseries (the word actually means 'brewery') that serve beer and food, but few that actually brew beer on site. I visited one of the city's small breweries, La Lanterne, where they brew everything from classic blonde to more unusual beers spiked with cinnamon. While I hardly need to state the merits of drinking beer, it also does a pretty good job of marinating and tenderising meat. The Alsatian love of beer and pork is showcased in this popular brasserie dish.

Serves 4-6

- 2 ham hocks (each approx 1.2kg/2lb 10oz) or 4 small ones (each approx 600g/1lb 5oz)
- 1.5ltr (2¾pt) blonde beer
- 80g (2¾oz) salt, plus extra to season

- Zest of 1 lemon, plus 2tbsp of the juice
- 10 black peppercorns
- 4tbsp runny honey
- 4tbsp Dijon mustard
- 2 onions, peeled and quartered
- 4 carrots, peeled and sliced lengthways
- 1 stick of celery, cut in half
- 250g (9oz) Puy or green lentils
- A small bunch of fresh parsley, leaves only, finely chopped

Score the skin of the ham hocks with a sharp knife. Pour 1.25ltr (2pt) of the beer and 750ml (1¼pt) water into a large bowl and stir in the 80g of salt until it has completely dissolved. Add the zest and peppercorns. Submerge the hocks in the brine, making sure they are completely covered. Cover with cling film and refrigerate for at least 2 hours, and preferably overnight. Preheat the oven to

180°C/fan 160°C/gas 4. Remove the hocks from the brine. Stir the honey and mustard together and rub it all over the hocks. Place the onions, carrots and celery in a large roasting dish and top with the hocks. Pour over 250ml (9fl oz) water and the remaining beer. Cover with a layer of baking paper, followed by a layer of foil. Cook in the oven for 3½-4 hours (2½-3 hours if using 4 small hocks), basting the meat regularly with the juices and turning the hocks around from time to time. The meat should be falling off the bone. For the last 30 minutes of the cooking time, remove the foil. Meanwhile cook the lentils according to the packet instructions. Drain and toss with the parsley, lemon juice and a pinch of salt. Shred the ham and serve with the lentils, carrots and onions and some of the roasting juices poured over the top.



## John & Gregg's SIDE DISH

What's hot for foodies? MasterChef's John Torode and Gregg Wallace serve up their secret tips...

**JOHN SAYS** It's great to be back in the Sunday roast season, and The Bay Tree has made the task of gravy-making easier. Choose from White Wine & Herb Gravy for chicken, or Red Wine Gravy for beef. £3.15 for 300g, [www.thebaytree.co.uk](http://www.thebaytree.co.uk).



**GREGG SAYS** Hallelujah! At last, an instant coffee that's really exciting! Jacc's Gourmet Coffees come in flavours ranging from Banoffee to Crème Brûlée to Blackberry Brandy, and they're very good. There are decaff versions, too. £2.95 for 50g, [www.jaccscoffee.co.uk](http://www.jaccscoffee.co.uk).

**JOHN SAYS** Amelia Rope has added a range of white chocolate bars to her delicious pale and dark specialty chocolates. There's one with crystals of Maldon sea salt, one with pistachio nuts and Maldon salt, and one with Bourbon vanilla. £5.60, [www.ameliarope.com](http://www.ameliarope.com).



**GREGG SAYS** Cos is a lovely crisp salad leaf, especially in Caesar salads, but at this time of year it also makes a fantastic cooked vegetable. Cut in half or in quarters (depending on its size) and braise in chicken or vegetable stock for 5 minutes. Delicious with red meat or poultry.

PHOTOGRAPHS: ALAMY, STOCKFOOD



**2** 2011 Bourgogne Chardonnay, Vieilles Vignes, Maison Roche de Bellene, France  
£10.95, Wine Society, 01438 741177  
With lashings of style and grace, this is a model chardonnay. Try it with the Pork And Clams With Cider and see how it thrives.



**3** 2011 Côte de Brouilly, Les Sept Vignes, Château Thivin, Beaujolais, France  
£14.10, Domaine Direct, 020 7837 1142  
Raspberry-scented and gossamer-smooth, this is a delicious light red. Chill it for half an hour, then serve it with just about any dish you can think of.



**4** 2009 Côte de Beaune-Villages, Louis Jadot, Burgundy, France  
£15.99 (reduced to £13.99 each if you buy 2 bottles), Majestic  
Jadot is Burgundy's most talented producer, and this fabulous pinot noir from the stunning 2009 vintage delivers classed red fruit and a jaw-dropping finish.



**5** 2011 Crozes-Hermitage, Northern Rhône, France  
£12.99, Marks & Spencer  
The perfect pepper and blackberry nose in this syrah rolls on to a sleek, honed, medium-weight palate – a match made in heaven with the Roasted Red Wine Chicken.

## OUR TASTEBUD TICKLER

Sweet fresh plums, cooked down into a spicy relish with some chopped chilli, provide a wonderful counterpoint to the dark richness of roasted pheasant.

