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Saanich Peninsula Ham Hock Croquette

(Makes approximately 6)

Ingredients	US	Metric
Butter	1 Tbsp + 1 tsp	20 g
Flour	1 Tbsp + 1 tsp	20 g
Ham stock	1½ Cups + 2 Tbsp	400 ml
Smoked ham hock -Berryman Farms	4.2 oz	120 g
Dijon mustard	¼ tsp	1 ml
Nutmeg	pinch	½ g
Lemon	½	½
Egg (fork beaten)	1	1
Flour	½ Tbsp	7 g
Panko breadcrumbs	2½ Tbsp	40 g

Method:

- Simmer ham hocks just covered in water for 2 hours or until tender
- Strip the meat from the bone and reserve the stock
- Melt butter and add flour to make a roux
- Add 400 ml of stock
- Add shredded ham hock, Dijon, nutmeg, lemon juice to stock mixture
- Portion into cylinder shapes
- Dust portions in flour, egg wash, and then panko breadcrumbs to make a croquette
- Fry the croquette in oil until desired colour

