

A perfect *BBQ* alternative

Rob Horton's recipe this month is a perfect and delicious end of summer salad, there may even be enough ham left over for tasty sandwiches. Rubino Kitchen uses local produce and the ham hock is from Wicks Manor Farm in Tolleshunt Major. Their shop is open to the public Mon - Fri 9am - 5pm and Sat 10am - 2pm.

Ham Hock Caesar Salad

Serves 4

Mayonnaise:

- 2 egg yolks
- 2 tbsp Dijon mustard
- 500g vegetable oil
- 2 tbsp Dijon mustard
- Lemon juice
- Salt
- Hot water as needed

Caesar dressing:

- Mayonnaise (as above)
- 2 finely chopped garlic cloves
- Tin of chopped anchovies
- 100g of grated Parmesan
- Lemon juice

- 1 Wicks Manor ham hock
- Baby gem or cos lettuce

(All ingredients and/or weights can be changed to your personal taste)



For the mayonnaise:

- 1** Whisk the egg yolk and mustard together, slowly drizzle in the veg oil while whisking.
- 2** As the mix thickens add a splash of hot water to thin down the consistency.
- 3** Once all the oil is incorporated add lemon juice and salt to taste.

For the ham and dressing:

- 1** Place the ham hock in a pan and fill with cold water, bring to the boil and then drain off the water.
- 2** Refill the pan with cold water, bring back up to the boil, simmer for 2-3 hours until the hock feels

soft when you push a knife through it.

- 3** Remove the pan from the heat but leave the hock in the water. Cool for half an hour or so before removing from the water to ensure the meat stays moist.
- 4** Once the hock is cool enough to handle, start picking the meat from the bone and removing all the fat. Shred the meat.
- 5** Wash the baby gem or cos lettuce leaves. These can be served whole or chopped, as Rob prefers to do.
- 6** Bring all the dressing ingredients together, dress

leaves and top with the shredded ham hock.

- 7** To garnish add shaved Parmesan, some more dressing and a few pork crackling croutons.

Rubino Kitchen,
Chigborough Road,
Heybridge, CM9 4RE
www.rubinokitchen.co.uk
For bookings call 01621 855579 or
bookings@rubinokitchen.co.uk
Open: Wed-Sat 9am-11.30am for
breakfast, 12pm-3pm for lunch,
6pm-9pm for dinner
Sun 12pm-3pm Sunday Roast only