

# Slow Cooked Ham Hock



## Ingredients

1 ltr chicken stock  
1 ham hock - we use a local German butcher for ours  
4 carrots chopped  
2 onions chopped  
4 Chorizo sausages cut into chunks  
1 kg skinless chicken thighs chopped  
2 pinch's saffron threads  
2 heaped teaspoons  
sweet smoked paprika Zest and  
juice of 1 orange  
6 cloves chopped garlic

## Method

In the slow cooker pour chicken stock and add ham hock Cook 3 hours

Remove ham hock and place to one side

Into the chicken stock place the carrots, onions, chorizo, chicken and cook for 4 hours.

Add saffron, paprika, garlic and orange juice/zest

Turn off slow cooker, let cool and place in fridge overnight covered in glad  
bake

Next morning take slow cooker from fridge, skim fat off top and discard fat

Take ham off bone, discard fat and bones and put meat into the slow cooker.

Return to heat and serve hot with rice, mashed potato or polenta.