

Honey-roasted Pig's Trotters with Vegetables



what you need

- 5 John Penny pigs' trotters
- Small jar of honey
- 100g demerara sugar
- 3 red chillis - split but not sliced
- Water
- 4 potatoes per person
- Splash of olive oil
- Pinch of salt
- 4 carrots
- 5 hard boiled eggs

Cooking time: 1 hr

Serves: 5

how to cook

- 1 Put the pig trotters in a large pan and cover with water. Bring to the boil and simmer for 45 minutes or more depending on the size.
- 2 You'll know when they're ready as the meat will fall away from the bone when you prod them. When they're ready, take them out of the water and place on a baking tray.
- 3 At this point, heat the oven to Gas 4, 180°C, 160°C, 350°F. Score the skin on the meat and pour on the honey to coat the trotters, then sprinkle brown sugar over them according to taste.
- 4 Leave to set and put more honey on top and add the chillis before placing them in the oven. Cook for 15 minutes or until they are crisp and brown.
- 5 For the vegetables: Peel and cut the potatoes according to size. Put in a colander and run under cold water to get out the starch. Cook on a baking tray with olive oil and salt for 45 minutes.
- 6 Hard boil 5 medium sized eggs. Peel and slice into 2.
- 7 Cut and peel carrots. Boil until soft, drain and put in a spoonful of honey. Put back on the heat stirring to cover all the carrots with honey. Serve the eggs with the hock

trotters.