

# Pork Hock and Butterbean Stew



**Preparation time:** 30 mins

**Cooking time:** 3 hrs

## how to cook

- 1 Cover the pork in cold water, bring to the boil and then drain.
- 2 Gently soften the onion, pepper and garlic with some salt in the oil for about 10 minutes. Add the parsley and cook for a further five minutes before stirring in the paprika.
- 3 Deglaze the pan with the sherry and allow to bubble for a minute or two.
- 4 Now add the remaining ingredients, stir through and add to the pork hock pan. Bring to the boil and then simmer for 2½ hours.
- 5 Remove the pork hock, shred the meat and add this and the bone back to the pot. Cook for a further half an hour. Just before serving, check for seasoning and add the chopped parsley.
- 6 Delicious served with crusty bread.

## what you need

- 1 John Penny pork hock
- 2 tbsp olive oil
- 1 large onion, sliced
- Salt
- 1 red pepper, sliced
- 3 cloves garlic, sliced
- Parsley, chopped
- 1 tbsp paprika
- 125ml sherry
- 750ml chicken stock
- 150g butterbeans, soaked overnight
- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- Bay leaf

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