

Recipe:

MUNG BEANS WITH SMOKED HAM HOCK

Date:

Total Yield	Diet Type
12 - 16 Servings	<input type="checkbox"/> GENERAL <input type="checkbox"/> GLUTEN-FREE <input type="checkbox"/> VEGAN <input type="checkbox"/> KETO <input type="checkbox"/> OTHER -

Ingredients

Pork hock - 1 pc bone-in

Black pepper corn - 2 Tbsp.

Salt - 2 Tbsp.

Ginger root - $\frac{1}{4}$ cup sliced

Leeks or spring onion

Rosemary fresh - 1 stalk

Mung beans - 1 cup

Fish sauce - 3 Tbsp.

Kale or bok choy - 1 head

Pepperoncini (optional) - $\frac{1}{4}$ cup

Salt and pepper to taste

Preparations & Cooking

1. Fully thaw the pork hock, if frozen.
2. Wash the hock and place in a soup pan.
3. Add water into the pan just enough to soak the hock. Add pepper corn, salt, ginger root. Bring to a rolling boil.
4. Once boiling, remove the hock from the pan and wash it under running water. Set aside.
5. Discard the water and everything in it.
6. Place the pork hock back in the soup pan and add water just enough to soak it. Add the spring onions or leeks, rosemary stalk and dried shrimp or fish sauce.
7. Let it simmer in medium heat for 1 hour.
8. Place the mung beans in a fine mesh strainer or colander and wash under running water once or twice. Add the mung beans into the soup pan.
9. Continue to simmer the hock until it is very tender and the mung beans are soft. Season with salt and pepper and adjust the taste.
10. Few minutes before turning the stove off, add in the pepperoncini and kale into the soup.