

Pigs' trotters

With food in short supply due to rationing in World War 2 and the following years, nothing was wasted. This recipe for pigs trotters makes the most of what may have otherwise been a waste cut of meat.

Ingredients

Two pigs trotters

Two garlic cloves crushed

To celery sticks roughly chopped

Two good sized carrots roughly chopped

One medium sized onion, finely chopped

Method

Soak the trotters overnight in cold, salted water, changing the water twice. This will help draw out any remaining blood and improve the aroma.

Drain the trotters and pat dry. If there are any remaining hairs, these can be removed with a blow torch or over a naked flame. Rub the trotters under running cold water to remove any burnt hairs deposits.

Put the trotters into a small flame proof lidded pan and add the celery, onion, garlic and carrots as well as a pinch of salt. Put in enough cold water to just cover the trotters.

Bring to the boil, reduce the heat, cover and simmer gently for 3 – 4 hours. Occasionally remove any scum with a slotted spoon.

Remove the trotters from the pan, leaving the liquid and vegetables in the pan.

Gently ease the meat from the bones. Slice the meat finely and allow to cool.

Strain the liquid and heat it in a pan uncovered until it has reduced by about one third.

Remove from the heat and allow it to cool for a few minutes.

Line a small shallow dish with cling film, make sure there is enough overlapping cling film to fold it over the top of the meat. Place a little parsley in the bottom of the dish. Place the meat in the dish and pour enough of the liquid into the dish to just cover the meat.

Fold the cling film over the meat and place a dish on top to press the meat down. Place the dish in a fridge overnight.

Turn out the meat and slice. Serve with salad or in a sandwich.



Note. Some pigs trotters have very little meat on them. You can add some cooked chicken or ham chunks to the trotter meat to bulk it up.