

Ham Shanks with Peas



- Ham shank - soaked overnight to removes excess salt
- Dried peas - also soaked overnight
- Chopped onion and a chopped potato.

When it has simmered a few hours, remove the shank, let all cool so the excess fat can be removed, take the meat off the bones and return to the slow cooker.

Check then for seasoning and if too salty add a couple of raw potatoes to take up excess salt.

It will be a thick broth, ideal for these winter days. Freezes well also