



Lentil and Smoked Ham Hock Soup with Sweet Potato Wontons

2008 Sweet Rewards Recipe Contest Winner - First Place, Professional

Ingredients:

1 & 1/2	Cups lentils
4	Ounces smoked ham hocks
10	Cups chicken stock
6	Ounce cups chopped carrots, peeled, reserve peelings
6	Ounces chopped leeks, white part only, reserve green parts
1/3	Cup finely chopped onions, in all, reserve onion peelings
3	Tablespoons cloves chopped garlic, in all
2	Tablespoons fresh thyme, in all
2	Bay leaves, in all
6	Tablespoons olive oil, in all
	Salt and black pepper to taste
1	Cup Louisiana sweet potatoes in light syrup
5	Ounces collard greens
1/2	Teaspoon dried crushed red pepper flakes
1/2	Teaspoon ground nutmeg
1	Tablespoon cornstarch
24	Wonton skins
1	Egg, beaten
4	Tablespoons finely chopped chives

Instructions:

Cover the lentils with cold water and soak for 3 to 4 hours, reserve in the refrigerator. Prepare ham hock stock by placing the hocks and chicken stock into a 1-gallon soup pot. Add the green part of the leeks and other scraps from the vegetables (onions and carrots) to add flavor, add thyme stems and 1 bay leaf. Simmer at medium low heat for 2 hours. Skim the stock of any impurities that rise to the top. The hocks should be fork tender; if not, allow the stock to simmer for a little longer. Take hocks out of pot and allow to cool. Strain the ham stock, using a fine strainer and reserve. In a separate 1-gallon soup pot, heat 4 tablespoons of olive oil at medium heat and sweat 1/4 cup of onions and 2 tablespoons of garlic. Add the chopped leeks, carrots, 1 tablespoon of thyme and remaining bay leaf. This mixture should not have any color from the sweating process. Drain soaked lentils, add the lentils into the soup pot, and stir the lentils and vegetable mixture just enough to mix evenly. Cover the lentils with ham hock.

Serving Size: 6

Cook Time: 6 hours

Credits:

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