

Greens & Beans & hocks

I remember picking greens with my mother under the walnut trees and in the fields. Just before the yellow flowers blossom they are the best. I wasn't always sure what I was picking but she sorted it all when we got home to the kitchen. She would clean them thoroughly. We raised hogs so we had plenty of ham hocks and pig feet, but she would buy butter beans. It is an acquired taste you will learn to love. Today I use Kale or Chard.

4 ham hocks
½ yellow onion
Bay leaf
Water

In a fry pan brown ham hocks on all sides, add diced onion, 1 bay leaf. Remove and place into a 4 qt. pot. Add water to just to over ham hocks.

Wash chard or kale and strip off leaves from spine. Chop in thirds.

When ham is ready to pull apart from hocks heat fry pan again and add Kale or Chard to fat, toss and cover a few minutes.

Add 2 cans of butter beans to water, and then add all Kale/Chard to pot also. Simmer for about 10 minutes and it is ready to serve.

Note: I just picked up some Andouille sausage I think I will try adding to this recipe.