



FRONT AND HIND HAM HOCK

Front ham hock — part cut off the shoulder at the elbow joint.

Hind ham hock — part cut off the ham at 1/3rd of the height of the shank bone, measuring from the knee joint. The part consists of extensors and flexors, as well as fragment of the gastrocnemius muscle with rind.

Culinary use: Very good for boiling or roasting, as well as for barbecuing.
