

## Crubini- Crubeens with a dipping sauce

### Ingredients

Serves 6

6 pig's trotters  
Water  
300ml/½ pint Guinness  
2 onions, finely chopped  
2 carrots, finely chopped  
2 bay leaves  
2 cloves  
2 cloves garlic  
Small bunch flat leaf parsley  
1 free range, beaten  
110g/4 oz breadcrumbs  
Sunflower oil for roasting  
Lemon juice to taste



### For the dipping sauce:

1 large bunch parsley, finely chopped  
6 tbsp. natural yoghurt  
1 large tbsp. mayonnaise  
1 clove garlic, crushed  
1 red chilli, deseeded and finely chopped

### Method

- Wash the trotters very well. Put into a large pot with the other ingredients and cover with cold water and the Guinness, bring to a boil. Cover, reduce the heat, and simmer gently for 2-3 hours, until the meat is tender.
- Preheat the oven to 220C/425F/Gas 7.
- Remove the trotters carefully from the cooking liquid. Drain and pat dry with paper towels. The meat should be extremely tender at this point. When slightly cooled, dip in the beaten egg, and then roll all over in breadcrumbs.
- Heat the oil in a shallow roasting dish. Place the trotters in the dish and spoon the fat or oil over them. Roast in the oven for 15-30 minutes until crisp and golden. Mix together the ingredients for the sauce and serve at once with a good squeeze of lemon juice. Best served with Stout!