

Air Fryer Pork Cracklings (English Style)



15-20mins



2



Easy

Super easy homemade Keto Carnivore Snack – Pork Cracklings. Salty, crunchy goodness, these are more like the English Style pork scratchings rather than airy chicharrones.

Don't forget to save the pork fat that has rendered off the cracklings to use for cooking. Lard is a very tasty cooking fat, especially in stir-fries.

INGREDIENTS

200g	Pork Skin
1-2 tsp	Himalayan Pink Salt

METHOD

1. Take 400g of pork/pig skin and slice into 1 cm strips and then slice those strips into 2-3 cm pieces.
2. Place the pork skin pieces into a bowl and sprinkle with 1-2 tsp of Himalayan pink salt. Mix to ensure the salt is spread evenly over the pork skin pieces.
3. Place them in a single layer in your air fryer and cook at 200°C/390°F for 15 minutes.
4. Once done, remove them from the air fryer and allow them to cool then store in an airtight container.

Tip: If using a conventional oven instead of an air fryer, place the pork skin pieces on a rack over a roasting pan and bake them in a 200°C/390°F till they reach your desired crunchy level and the fat has rendered off. Cooking time will vary depending on your particular oven and the amount you are cooking. The rack is not essential, but it enables the fat to drip away as it renders and allows for even cooking.

Nutritional Information

General average, however, nutritional values may vary depending on the brand of ingredients used or cooking technique utilised.

Amount Per 1 Serving *(recipe makes 2 servings)*

Calories	425
Total Fat	34.3g
Total Carbohydrates	0.0g
Dietary Fibre	0.0g
Net Carb	0.0g
Protein	2.8g