



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CRISPY PORK RINDS

Time: 2 hours (plus drying time)

Serves: 8

Ingredients:

1-foot square piece of pork skin – fat trimmed to approximately ¼” thick
1 tablespoon kosher salt
½ teaspoon fresh ground black pepper

Preparation:

Sprinkle the salt and pepper on both sides of the pork skin. Refrigerate on a rack overnight or up to three days.

Preheat your oven to 350F.

Cut the skin into 1” by 2” rectangles and place on a baking pan.

Cook for ten minutes, then reduce temperature to 300F. Continue cooking, draining fat and turning the pieces every twenty minutes until the skin begins to blister (approximately 90 minutes).

Remove from oven, let cool and serve.

Nutritional Information Per Serving:

Calories: 243
Fat: 15g
Carbs: 0g
Fibre: 0g
Protein: 27g