

Pork Cracklings 燒豬皮



Ingredients 材料

1.	Pork rind 豬皮	
2.	Salt 鹽	to taste 適量

1. Cut away the fat.
將肥去掉。



2. Cut the rind into small pieces, about 3cm x 5cm. Place the rind flat on a plate, fatty side down. Sprinkle salt on the skin and rub the salt in.

將豬皮切成約 3 厘米 x 5 厘米小塊，平鋪在碟上，肥向下。灑鹽，把鹽擦進豬皮內。



3. Place the plate uncovered in the fridge and leave the rind to dry. It should take about a week. The dried pieces should be very tough and hard.

將整碟豬皮（不要封或蓋）放進冰箱，待約一週至豬皮乾透變硬。



4. Preheat oven to 220°C or higher. Go as high as you can. My oven goes up to 250 °C. 焗爐預熱至攝氏 220 度或以上，越高越好。我的焗爐可調至 250 度。
5. Put the rind pieces in the oven. When you start hearing the crackling sound, check often. The rind pieces crisp up at different rates and therefore it is important to take away the ready ones to prevent over burning. All should be cooked in 10-15 minutes.

將乾的豬皮小塊放進焗爐。當開始聽到豬皮爆裂的聲音時，便要經常檢查。已燒好的豬皮應先移走，不然會很容易燒焦。所有需時約 10-15 分鐘。

Note: You don't have to bake the dried rinds right away. I store them in a container with lid and the rinds can keep in the fridge for months.

註：乾的豬皮小塊若不放進焗爐，可以存於有蓋的容器內，放入冰箱，可儲存數月。