



CRISPY AIR-FRIED PORK WITH GOLDEN CRACKLING



A no-fuss Sunday favourite – beautifully tender pork with irresistibly crisp crackling, all done in your air fryer.

Ingredients

1–1.5kg boneless pork leg or shoulder

½ tbsp vegetable or sunflower oil

Sea salt

Method

Prep the Pork.

Remove the pork from the fridge 30 minutes before cooking to bring it to room temperature. Pat the skin thoroughly dry with kitchen paper. Using a sharp knife, score the skin in a diamond pattern – careful not to cut through to the flesh. (Tip: Ask our butchers to do this for you.)

Season for Success

Rub the oil all over the scored skin, then sprinkle generously with sea salt, ensuring it gets into the cuts.

Air Fry to Perfection

Place the joint in your air fryer, skin side up.

-Cook at 210°C for 20 minutes to kickstart that crackling.

-Then reduce the temperature to 160°C and cook for:

40–50 minutes for a 1kg joint

1 hr–1 hr 10 mins for a 1.5kg joint

Award-winning butchery, Deli, Farm Shop & Restaurant.
Bognop Road, Essington, Wolverhampton, WV11 2AZ
01902 735 724
info@essingtonfarm.co.uk | www.essingtonfarm.co.uk

Butchery, Deli & Farm Shop
Open Monday - Sunday 9am - 5pm
Restaurant Open
Monday - Sunday 8:30am - 4:30pm



CRISPY AIR-FRIED PORK WITH GOLDEN CRACKLING



The pork is done when the juices run clear or the internal temperature reaches 70°C on a digital thermometer.

Finish the Crackling (if needed)

If the crackling isn't quite crisp, carefully remove the skin and set the meat aside to rest, covered. Increase the air fryer to 220°C and cook the crackling on its own for 15–20 minutes until golden and crunchy.

Rest & Serve

Let the pork rest for 10–20 minutes (covered if the crackling has been removed).

Slice and serve with a spoonful of apple sauce and your favourite seasonal vegetables.