



PORK SCRATCHINGS WITH APPLE COMPOTE

Prep: 35min – Makes 20 – Easy

550g pork skin, cut in 2cm slices
3 tsp kosher salt
2 tsp fennel seeds
2 large cooking apples
4 tbsp water
2 tbsp brandy or apple wine
2 tbsp sugar

1. Preheat the oven to 220°C fan.
2. Rub the salt and fennel seeds into the pork slices and lay out on a baking tray.
3. Bake for 15-20 minutes until blistered and crisp.
4. Meanwhile, prepare the apple compote. Core and peel the apples and cut into 2cm dice. Put into a saucepan with the water, brandy (or apple wine) and sugar, put the lid on and cook for approx. 10 minutes, stirring regularly.
5. After 15-20 minutes the pork scratchings should be blistered and crisp. Remove from the oven, and watch out as the oil may spit. Put onto a plate with kitchen paper and leave to cool for a few minutes.
6. These are best served warm with the apple sauce as dip.

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