

# Gluten Free Pork Scratchings Recipe

From [Freefromg.com](http://Freefromg.com)

## Ingredients:

Pork Skin

Water

Sea Salt

## Directions:

- Brine the pork skin in salted water for at least 3 hours
- Drain from the brine and rinse
- Preheat your oven to 200C
- Cut the pork fat into small strips and put into an ovenproof dish
- Cook for 30 minutes until the fat has come out of the pork skin
- Take out of the oven and stir
- Put back into the oven and cook for a further 20 minutes
- Remove from the dish with a slotted spoon and put into kitchen paper to drain excess fat
- Add a sprinkle of sea salt