

Pork scratchings

Chicharrón -the fattiest part of the *cochino* or pig, stuck to the skin and part of the skin itself- is a very popular *tapa* right across the Canary Islands. What we are presenting here is a speciality from el Hierro (*herreña*). If you exclude the sugar, this is how it is usually eaten in the archipelago.

Preparation:

Generally, the fat is cleaned, removing any remnants of blood and meat and is then soaked in water for a time. Clean well and allow to dry before preparing.

You will need a frying pan or similar pan into which you will place the main ingredient cut into *cachitos* (small pieces). Some simply mince it in a mincer without adding anything.

On a high heat, cook stirring regularly with a wooden utensil. When golden brown and sizzling, remove, draining the oil and place in a mix of equal parts *gofio* and sugar.

These should be served hot or, at least, warm.

Note...

The fat that remains in the vessel in which the *chicharrones* have been fried is a marvellous lard that can be stored in jars for later use in various preparations. It is magnificent, for example, for frying fresh eggs for breakfast- for those not watching their cholesterol.



Ingredients:

Any amount of pork fat and bacon.

Abundance of gofio.

An equal amount of sugar.