AUSTRALIAN · DINNER

Slow-Roast Pork Leg with Salt-Only Crackling

185 min · plus overnight drying in the fridge · Serves 8 · 512 kcal a serve · Video 3:47 · Coles

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Nothing but pork and salt: a serve gives about 50 g of protein, more than a day's selenium and plenty of zinc and B vitamins. It's a big plate (about 510 kcal before the crackling), so pair it with vegetables if you're not eating carnivore.

Diet notes: Low carb (0 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

Scan for the video, full nutrition and more free recipes

Ingredients 2 · SERVES 8

- [ ] 2 kg **boneless pork leg roast**, skin on
- [ ] **coarse salt**, rubbed into the skin (about 1½ tsp)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. The day before, unwrap the pork and leave it uncovered in the fridge overnight so the skin dries out. 0:14
2. Preheat the oven to 150 °C (130 °C fan). With a box cutter or very sharp knife, score the skin in thin lines close together, through the skin but not deep into the fat — more cuts give thinner, crisper crackling. 0:20
3. Rub coarse salt into the skin and the scores; no oil. Sit the pork on a rack in a roasting pan so air can circulate. 0:50
4. Roast for 1½–2 hours, until the thickest part reads about 50 °C and the skin looks dry but not yet crisp. Lift out the rack and pour off the fat from the pan. 1:13
5. Turn the oven up to 250 °C (230 °C fan) and roast 20–25 minutes more, until the skin bubbles into crackling and the centre reads about 60 °C. 1:53
6. Rest for 25 minutes. Remove the string, lift off the crackling in one piece and chop it, then carve the meat thinly. Carve only what you need so leftovers stay juicy. 2:28

> **Tip** Low heat dries the skin; the final blast puffs it into crackling. The nutrition is for roast leg meat and fat — the food row has no skin, so the crackling adds more fat than shown. Coles serves it with roast cauliflower and agrodolce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
512 kcal	50 g	0 g	0 g	33 g	550 mg
2,140 kJ	100% of a day	0 g net · 0 g sugars	0% of a day	12 g saturated	24% of a day
		0% of a day		42% of a day	

Energy from net carbs 0% · protein 40% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 154% · Vitamin B12 53% · Zinc 50% · Vitamin B6 44%

Source of (10–19%) Omega-3 18% · Potassium 14% · Iron 11% · Magnesium 10%

Recipe and video: Coles (@coles) on YouTube — youtube.com/watch?v=PTwAC0WjX8Y, published 5 December 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/curtis-stone-salt-only-roast-pork-crackling