



To be fair this would probably have worked better in the oven as it was a bit of a tight fit in our Air Fryer.

Ingredients:-

- 1 Whole Pata (Pork Hock)
- 3 Bay Leaves
- 4 Star Anise
- 1 Onion, cut into wedges
- 3 Cloves of Garlic, minced
- 2 Tbsp of distilled Vinegar
- 1 Tbsp of Whole Black Peppercorns
- 3 Tbsp of Oil
- Salt & Pepper

Method:-

- (1) Combine the Pork Hock, Bay Leaves, Star Anise, Peppercorns, Onion and Salt in a large pan.
- (2) Add water until the Hock is covered.
- (3) Cover and bring to the boil.
- (4) Lower the heat and simmer for an hour, or until the Pork is tender.
- (5) Remove the Pork from the pan and allow to cool.
- (6) Rub Vinegar over the outside of the skin and then rub in the Salt and Pepper.
- (7) Allow to air dry for 6 hours in a cool ventilated area.
- (8) Rub Oil over the outside of the Pork.

(9) Cook in the Air Fryer at 230c for 15 minutes.

(10) Reduce the heat to 170c and cook for a further 10 minutes.

We served ours on a bed for Rice Noodles with crispy Kale and Seaweed.