

Egg & Crumb Patties

Ingredients:

¼ cup ZeroKrumbs pork rind crumbs
¼ cup finely grated Parmesan cheese
3 large eggs
2 Tbsp tallow or bacon fat, for frying

Method:

1. In a small bowl, mix together the ZeroKrumbs, Parmesan, and eggs until well combined.
2. Heat the fat in a medium frying pan over medium heat.
3. Scoop ¼ cup of the mixture into the pan, pressing slightly to form a patty.
4. Fry for around 2 minutes per side, or until golden brown. Repeat with remaining mixture.

