

ZeroKrumbs Coating

Ingredients:

Version 1 – ZeroKrumbs Coating Recipe

Coating Mix

¾ cup ZeroKrumbs pork rind crumbs
1 tbsp unflavoured or beef gelatin (10 g)
½ cup egg white powder (40 g)
Seasoning of your choice (e.g., salt, paprika, garlic powder)

Egg Dip

1 large egg
Optional: 1½ tbsp heavy cream (or coconut milk for dairy-free)

Version 2 – Super Easy Coating Recipe

Coating Mix

1 cup ZeroKrumbs pork rind crumbs
⅓ cup Parmesan cheese

Optional for seasoning:

2 tsp onion powder
1 tsp garlic powder
1 tsp black pepper
1 tsp paprika
½ tsp salt

Egg Dip

1 large egg

Method:

1. In a shallow bowl, combine all *Coating Mix* ingredients for your chosen version.
2. In a separate bowl, whisk together the *Egg Dip* ingredients.
3. Pat the meat, fish, or vegetables dry with a paper towel.
4. Dip into the egg mixture, then press firmly into the coating to cover all sides.
5. Fry, bake, or air-fry until golden, crispy, and fully cooked.

Tips

For extra crunch, double coat: egg → crumbs → egg → crumbs.
Works perfectly for oven-baked “fried chicken,” crispy pork chops, or fish fillets.

Which Version Should You Choose?

Version 1 – Best for ultra-low-carb, high-protein coating that's light, crisp, and shelf-stable. Perfect for carnivore purists or meal prep.

Version 2 – Best for quick cooking with a richer, cheesy flavour. Ideal when you want extra indulgence and don't mind a touch of dairy.

