

PORK CARNITAS IN THE SLOW COOKER

The Day Before:

Brine/Ingredients–

- 2 Tablespoon ground cumin
- 2 Tablespoons ground coriander
- 4 Quarts water
- ½ cup Salt
- ½ Cup Sugar
- 1 Can of chipotle peppers in adobo sauce
- 2 Tablespoons black peppercorns
- 2 Bay leafs
- 2 Teaspoons thyme
- 1 Teaspoon red pepper flakes
- Lard
- 6 pounds of pork butt cut into large chunks



Directions:

1. In a large pot (preferably stainless steel) toast the cumin and coriander. Toss the spices in the pan once in a while until they begin to smell toasty about 3 minutes. You can allow to cool a bit before moving on
2. Pour in the water slowly and be careful of the steam. Add in the salt, sugar, chipotle peppers, peppercorns (if using), bay leaf, thyme and red pepper flakes.
3. Bring to a boil. Boil for approx. 5 minutes until the salt and sugar and dissolved.
4. Turn off heat and allow to cool completely.
5. Using a slotted spoon or a fine mesh sieve you'll need to remove or drain out the spices.
6. Add the pork pieces, cover and place in the fridge for 12-24 hours.

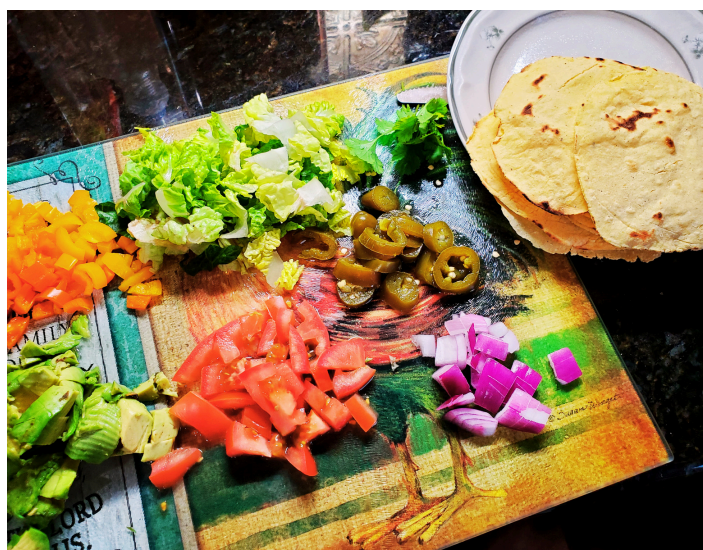


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The next day-

Ingredients:

- Lard
- 3 Cups chopped onions
- 3 Garlic gloves chopped
- 2 Tablespoons chili powder
- 1 Quart diced or canned tomatoes
- 2 Quarts chicken broth or stock
- 2 Bay leaves



Directions:

1. Browning the pork - Add several tablespoons of lard to a pan, (preferably cast iron) and turn on medium high. Add the pork pieces and cook until the pork has browned (approx. 5 minutes) on both sides. Transfer to a baking sheet or plate and continue with the remaining pork.
2. In the large skillet after the pork is all done. Add in more lard and melt. Add the onion and garlic until soft and beginning to brown. Stir in the chili powder for one minute until the scent is released. Pour in 1 quart of tomatoes and cook until soft.
3. Add the pork and the tomato spice mixture to a large crock pot, add in the broth and bay leaves and cover. Cook on low for approx. 6 hours. The pork is done when it pulls apart easily with a fork.

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Later that day –

Ingredients:

- Lard
- 1 Cup chopped onions
- 2 Garlic cloves chopped
- 1 Tablespoon ground cumin
- 1 Tablespoon ground oregano
- 1 Quart (or equivalent) black beans rinsed and drained
- 1 Quart diced tomatoes (or canned)
- 1 to 2 Cans of refried beans



Directions:

1. Remove the pork to a plate and allow to rest. Pour the sauce from the crockpot to a large stock pot and bring to a boil. Reduce to a simmer and allow to reduce by half.
2. Meanwhile use a large skillet (preferably cast iron) and add in 2 tablespoons of lard and melt. Add in the onions and garlic until softened. Add the cumin and oregano and stir to release the scent about 1 minute. Add the black beans and tomatoes for a few minutes. Pour this mixture into the large stockpot with the sauce and cook on medium for 20 to 30 minutes.
3. Using a fork or your fingers shred up the pork and place into the sauce. Add in the refried beans and stir until incorporated. At this point it is done.

