

Michoacan-Style Pork Carnitas with Green Apple Slaw

Yield: 8 servings (3 carnitas each)

Prep time: 30 minutes plus overnight marinade (or a marinade minimum of 4 hours)

Cook time: About 3 hours, plus 1-hour cooling

4 pounds boneless pork shoulder roast, trimmed

24, 4-inch white corn tortillas (6-inches works as well)

Pork Marinade

1/2 cup packed fresh cilantro leaves

1/2 cup fresh orange juice

3 tablespoons fresh lime juice

2 tablespoons onion powder

2 tablespoons ancho chili powder

2 tablespoons ground cumin

2 tablespoons dried oregano

5 garlic cloves, crushed under a knife and peeled

2 tablespoons kosher salt

1 tablespoon garlic powder

Pork Cooking Liquid

1-quart orange juice, preferably fresh

12-ounce can sweetened condensed milk

1 tablespoon kosher salt

5 bay leaves

1 orange, cut into quarters

1/2 cup vegetable oil

Green Apple Slaw

4 cups shredded green cabbage, about 14 ounces

3 cups shredded head red cabbage, about 9 ounces

2 carrots, julienned

1 Fresno chile, julienned (*see note below*)

1 Granny Smith apple, unpeeled and julienned

1/3 cup finely chopped fresh cilantro

2 plum tomatoes, seeded and cut into 1/4-inch dice

1/2 medium white onion, cut into thin half-moons

1/4 cup fresh lime juice

2 tablespoons dark agave syrup

2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper

Toppings

1 cup crema, preferably centroamericana style or sour cream, in a squeeze bottle*

1 cup crumbled queso fresco

2 limes, cut into wedges

1. Make the marinade: Process all of the ingredients in a blender to combine. Place the pork in a bowl (or a zip-tight 2-gallon plastic bag) and add the marinade. Cover (or close) and refrigerate, occasionally turning the pork, for at least 8 and up to 16 hours.
2. Make the pork: Let pork stand at room temperature for 1 hour. Preheat oven to 350 degrees F. Place pork and marinade in a large Dutch oven. Add orange juice, condensed milk, salt, and bay leaves. Tuck in the orange quarters. Pour oil over the pork. If needed, add water to almost cover the pork. Cover and bring to a boil over high heat. Cover tightly and bake, occasionally turning the pork over, until the meat is very tender, about 3 hours. Let stand at room temperature, uncovered, until cool enough to handle, about 1 hour. Transfer the pork to a carving board. Discard the cooking liquid. Using your fingers or two forks, shred the pork.
3. Make the Green Apple Slaw: In a large bowl, toss all of the ingredients.
4. Preheat oven to 200 degrees F. Heat a large griddle over high heat. In batches, place the tortillas on the griddle and heat, turning once, until hot. Stack the tortillas on a baking sheet and keep warm in the oven until ready to serving. *Alternatively, you can quickly warm in the microwave.*
5. Heat a large nonstick skillet over high heat. Add half of the shredded pork and heat until the underside is crisp and browned, about 2 minutes. Turn and crisp the other side for about 1 minute more. Transfer to a bowl, cover with foil, and repeat with the remaining pork.
6. To serve: Place the pork in the tortillas and top with slaw, a drizzle of crema, and a sprinkle of queso fresco. Serve with lime wedges.

***Notes:**

If you don't have a squeeze bottle, you may lightly drizzle the sour cream with a spoon

If you wish, substitute 1/2 red bell pepper, seeded and julienned, and 2 teaspoons seeded and minced jalapeño for the Fresno chile.

Recipe Credit: Jose Mendin

Pubbelly Noodle Bar, Miami FL

Serving Suggestions: Add a salad with tomatoes, avocados, and corn to round out the meal.

Nutritional Information per Serving:

Calories: 550

Fat: 25 g

Saturated Fat: 10 g

Cholesterol: 130 mg

Sodium: 2260 mg

Carbohydrates: 41 g

Protein: 38 g

Fiber: 8 g