

Recipes from the Meat Department



CARNITAS

Carnitas is a very famous Mexican dish. It consists of braised pork and can be eaten by itself, with tortillas, or as the filling in tamales, tacos and burritos. The pork is first simmered for a long time to make it really soft and then braised in the oven to make it crispy. Since the recipe is very simple and does not initially involve any hot sauces everyone can add your own level of heat as you eat it.

Ingredients:

2-16 oz. cans of chicken broth
4 lbs. of boneless pork shoulder
1 tbs. chopped coriander (cilantro)
1 tbs. chopped cumin
2 bay leaves
1 onion, quartered
Corn tortillas
Hot sauce, like Chili sauce, Pico de gallo, chipotle or whatever you like.

Directions:

- Cut the pork meat in chunks and discard big pieces of fat; leave some fat as it adds to the flavor.
- Chop the cilantro and cumin.
- Set frying pan on mid-high heat.
- Add the pork, cilantro, cumin, onion and broth.
- If necessary, add water so that the meat is covered.
- Bring to a boil, reduce heat to low and simmer for about 3-4 hours or until the meat is very soft and pulls apart easily.
- Remove the meat and place it in a roasting pan, discarding the onion and broth; pull apart the meat in smaller chunks.
- Bake for about 20 minutes at 450 degrees, until the meat is brown and crispy.
- Heat the tortillas and enjoy! You can serve it with your favorite hot sauce, chopped onions, cheese, lettuce, tomatoes and cilantro.