

Suit and Apron Recipes

Pork Carnitas

Makes 5-6 Servings

Ingredients:

- 1 Pork sirloin roast (2-3 pounds)
- Half cup pineapple, cubed
- 1 Orange, quartered
- 1 Onion Cut into Large Wedges
- 3 Cloves garlic, crushed
- 1/2 tsp cinnamon
- 1 tsp chili powder
- 1 tablespoon ground cumin
- 1 tsp dried oregano
- 1-2 tsp soy sauce
- Chicken Broth or Water to Cover
- Salt
- Pepper
- Canola or Vegetable Oil

Directions:

- Cut the pork roast into large pieces - 6-7 pieces
- Season generously with salt and pepper and set aside
- Heat about 2 tablespoons of Canola or Vegetable oil a large dutch oven over high heat
- Sear pork in a large pot over high heat until well browned on all sides
- Add onion, garlic, fruit, spices, herbs, and enough water or chicken broth to just cover the meat
- Bring the pot to a simmer over high heat and then reduce to low heat. Taste broth for salt and pepper, add salt to taste - usually 1 additional tablespoon of salt.
- Simmer with lid slightly ajar for 2.5 hours or until pork easily pulls apart with two forks
- Preheat your oven to 400 degrees
- Remove meat from pot into baking dish and shred with forks
- Drizzle the shredded meat with a few tablespoons of the simmering broth and roast the meat in 400 degree oven for 20-30 minutes until browned on top.
- Serve and Enjoy!