



COOKS ON MAIN

for the everyday chef

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Pork Carnitas Tacos *serves about 8*

Ingredients:

1/2 tablespoon Kosher salt
1 teaspoon freshly ground black pepper
1 tablespoon cumin
1 teaspoon dried oregano
4 pound boneless pork shoulder, cut in half
1 cup freshly squeezed orange juice (about 2 large orange)
1/2 cup freshly squeezed lime juice (about 2-3 large limes)
7 cloves garlic (whole, leave intact)
1/2 cup beef broth
1 tablespoon olive oil

Multi-Cooker (Pressure Cooker) Method

1. Cut the pork shoulder into 2 pieces. This will help ensure even cooking in a shorter amount of time. In a small bowl, combine the salt, pepper, cumin and oregano. Rub the spice mixture all over the pork shoulder pieces.
2. Place the pork shoulder in the multi-cooker. Pour the fresh squeezed orange juice, lime juice, and beef broth over the meat. Place the garlic cloves around the meat.
3. Cook on high pressure for 90 minutes, or until the pork can easily be shredded by two forks.
4. Remove the meat from the multi-cooker (reserve any cooking liquid), and place on a large, rimmed, oven-safe baking sheet. Shred with two forks. Scatter the meat evenly across the baking pan.
5. With the reserved cooking liquid, discard any excess fat. Drizzle 1 cup of the cooking liquid over the shredded meat (remove the garlic cloves), and then drizzle the meat with 2 tablespoons olive oil. Broil the meat on high for 3-5 minutes or until some of the pork pieces have browned and crisped in places -- watch carefully.
6. Enjoy the prepared meat in a variety of ways - in tacos with your choice of toppings, in enchiladas, or simply with a side of rice and beans!

Slow Cooker Method:

1. In a small bowl, combine the salt, pepper, cumin and oregano. Rub the spice mixture all over the pork shoulder.
2. Place the pork shoulder in the slower cooker. Pour the fresh squeezed orange juice, lime juice, and beef broth over the meat. Place the garlic cloves around the meat.
3. Cook on low heat for 8-10 hours, or until the pork can easily be shredded by two forks.

Follow steps 4, 5, and 6 above to finish carnitas with the slow cooker method.