



Arepas with Pulled Pork and Pickled Onion

READY IN



45 min.

SERVINGS



60

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons achiote seeds (annatto)
- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1.5 cups flour white
- ☐ 6 large garlic clove coarsely chopped
- ☐ 5 ounces mozzarella cheese grated
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon oregano dried crumbled (preferably Mexican)
- ☐ 3 pound boston butt pork shoulder (3/)

- ☐ 1 medium onion red very thinly sliced cut into 3/4-inch-wide wedges, then crosswise
- ☐ 1 teaspoon salt
- ☐ 1 scotch bonnet peppers fresh deveined seeded very finely chopped
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup butter unsalted cut into pieces
- ☐ 2.5 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 0.3 cup vinegar white
- ☐ 0.3 teaspoon allspice whole
- ☐ 3 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle
- ☐ cutting board

Directions

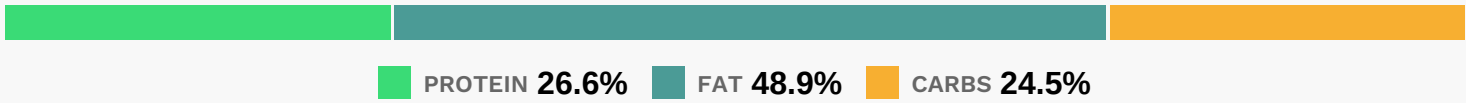
- ☐ Stir together all pickled onion ingredients in a bowl and chill, covered, at least 12 hours.
- ☐ Toast cumin, allspice, and peppercorns together in a dry heavy skillet over moderate heat, stirring, until fragrant, 1 to 2 minutes. Finely grind toasted spices with achiote in an electric coffee/spice grinder or with a mortar and pestle. Mince garlic and mash to a paste with salt

using a heavy knife, then transfer to a 2 1/2- to 3-quart shallow glass or ceramic baking dish. Stir in spice mixture, oregano, orange juice, and vinegar.

- ☐ Add pork and rub meat all over with marinade. Marinate pork, covered and chilled, at least 2 hours.
- ☐ Preheat oven to 325°F.
- ☐ Bring pork to room temperature, then add water to baking dish and cover tightly with foil.
- ☐ Bake in middle of oven until very tender, 1 3/4 to 2 hours. (Leave oven on.)
- ☐ Uncover pork and, when cool enough to handle, shred meat on a cutting board, discarding bones and excess fat.
- ☐ Transfer meat and any juices accumulated on cutting board to baking dish.
- ☐ Bring milk to a simmer in a small saucepan, then remove from heat and reserve 1/2 cup in a small bowl.
- ☐ Add butter to remaining 2 1/2 cups hot milk and stir until melted.
- ☐ Toss together arepa flour, sugar, salt, and mozzarella in a large bowl.
- ☐ Add hot milk with butter and stir until combined.
- ☐ Let mixture stand until milk is absorbed, 1 to 2 minutes (dough will be soft; it will continue to stiffen as it stands).
- ☐ Form 1 level tablespoon dough into a ball. Flatten ball to a 1 1/2- to 1 3/4-inch-diameter disk and transfer to a wax-paper-lined tray. Form more disks with remaining dough in same manner, stirring in some of reserved milk if dough becomes too stiff and edges of disks crack when flattened.
- ☐ Heat 1/2 tablespoon oil in a 12-inch nonstick skillet over moderately low heat until hot, then cook arepas in batches of 10 to 12, turning over once, until golden in patches, 8 to 12 minutes total. (
- ☐ Add more oil to skillet between batches as needed.)
- ☐ Transfer to baking sheets as cooked.
- ☐ Reheat arepas in batches as needed, covered with foil, until heated through, 10 to 15 minutes, then top with pork and pickled onion.
- ☐ Serve warm.
- ☐ ·Pickled onion can be made 2 days ahead and chilled, covered.·Pulled pork can be made 2 days ahead, first marinated (up to 1 day), then cooked and shredded 1 day ahead and chilled, covered. Reheat, covered, in a 350°F oven 10 to 15 minutes.·Arepas can be made 1 day ahead

and cooled completely, then chilled, covered. Reheat in oven before serving. Arepas can also be made 2 weeks ahead and frozen, layered between sheets of plastic wrap, in an airtight container. Thaw 30 minutes at room temperature before reheating.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:2.9291304298069%

Flavonoids

Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 61.24kcal (3.06%), Fat: 3.29g (5.06%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.03g (1.14%), Cholesterol: 14.63mg (4.88%), Sodium: 69.23mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin B1: 0.16mg (10.5%), Selenium: 5.85µg (8.36%), Phosphorus: 53.8mg (5.38%), Vitamin B2: 0.08mg (4.97%), Vitamin B3: 0.81mg (4.03%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.08mg (3.75%), Calcium: 31.86mg (3.19%), Potassium: 79.47mg (2.27%), Iron: 0.37mg (2.04%), Manganese: 0.04mg (2.02%), Folate: 7.51µg (1.88%), Vitamin B5: 0.19mg (1.85%), Magnesium: 6.27mg (1.57%), Vitamin C: 1.28mg (1.55%), Vitamin K: 1.51µg (1.44%), Vitamin A: 65.7IU (1.31%), Copper: 0.02mg (1.11%), Vitamin D: 0.16µg (1.05%)