



Arepas with Pulled Pork and Pickled Onion

READY IN



45 min.

SERVINGS



60

CALORIES



62 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
- 0.5 teaspoon oregano dried crumbled (preferably Mexican)
- 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
- 0.5 teaspoon salt to taste
- 1 teaspoon salt
- 1.5 teaspoons 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
- 0.5 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

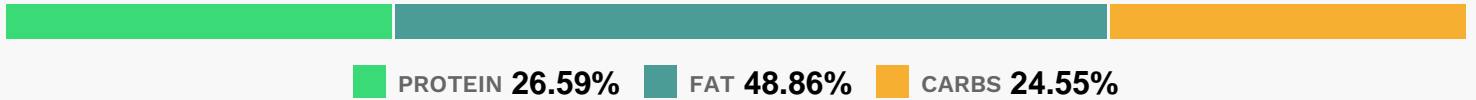
Directions

- 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 325F.
- 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.

Cooks' notes: 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 350F 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:8.77, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:2.9491304185079%

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: 61.66kcal (3.08%), Fat: 3.29g (5.06%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.03g (1.14%), Cholesterol: 14.63mg (4.88%), Sodium: 146.79mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Vitamin B1: 0.16mg (10.5%), Selenium: 5.86µg (8.37%), Phosphorus: 53.91mg (5.39%), Vitamin B2: 0.08mg (4.97%), Vitamin B3: 0.81mg (4.04%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.08mg (3.76%), Calcium: 32.31mg (3.23%), Potassium: 79.74mg (2.28%), Manganese: 0.04mg (2.13%), Iron: 0.37mg (2.08%), Folate: 7.55µg (1.89%), Vitamin B5: 0.19mg (1.85%), Magnesium: 6.34mg (1.59%), Vitamin C: 1.28mg (1.55%), Vitamin K: 1.62µg (1.54%), Vitamin A: 65.98IU (1.32%), Copper: 0.02mg (1.13%), Vitamin D: 0.16µg (1.05%)