



Brined Pork Shoulder Cooked in a Caja China with Sour Orange Dipping Sauce

 Gluten Free  Dairy Free

READY IN



990 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings cilantro and achiote seasoning with cilantro and achiote)
- ☐ 2 tablespoons peppercorns whole black
- ☐ 1 boston butt pork shoulder bone-in
- ☐ 4 cloves garlic chopped
- ☐ 0.5 to 1 habanero chile whole hot chopped (depending on how you like it)
- ☐ 1 tablespoon honey
- ☐ 1 cup kosher salt

- ☐ 1 cup juice of lime fresh
- ☐ 1 cup olive oil pure
- ☐ 4 cups orange juice fresh
- ☐ 1 small onion red coarsely chopped
- ☐ 2 tablespoons rice wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.5 cup sugar
- ☐ 3 quarts water cold

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ grill

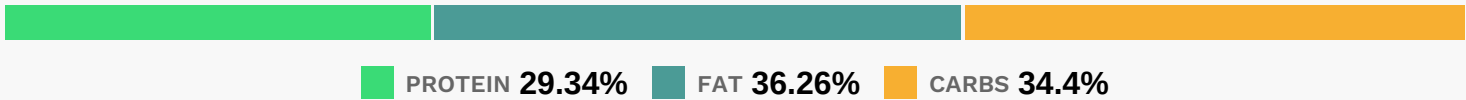
Directions

- ☐ Special equipment: La Caja China
- ☐ Whisk together the water, salt, sugar, and peppercorns in an extra large stockpot or large plastic container until most of the salt and sugar have dissolved.
- ☐ Place the pork shoulder in the mixture, making sure it is completely submerged, and refrigerate for at least 12 hours and up to 24 hours.
- ☐ Remove pork, rinse well with cold water then pat dry. Season pork with cilantro and achiote seasoning.
- ☐ Prepare a Caja China according to the manufacturer's directions.
- ☐ Place pork, skin side down, in the box and carefully fill tray to its full capacity with lit charcoal. Cook for 1 hour, carefully uncover (you will need to protect yourself from the heat) the Caja China, and turn the meat over. When you turn the pork shoulder, make some small cuts in the skin. Cover the Caja China, add more charcoal as needed, and continue roasting for 2 to 2 1/2 more hours. Do not uncover until pork is done. Alternatively, you can grill the pork; start out on high heat to char it and then reduce the heat, cover, and cook until desired degree of

doneness. You can also use a rotisserie.

- ☐ When the pork is done, remove it from the Caja China and let rest for at least 15 minutes before slicing. Slice and serve with the Sour Orange–Habanero Dipping Sauce.
- ☐ Heat grill to high. Bring orange juice and lime juice to a boil in a medium non–reactive saucepan on the grates of the grill and cook until reduced to about 2 cups.
- ☐ Let cool slightly.
- ☐ Transfer the mixture to a blender and add the onion, garlic, habanero, vinegar, and honey and blend until smooth. With the motor running, slowly add the oil and blend until emulsified. Season with salt and pepper, to taste.
- ☐ Let cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:17.18, Inflammation Score:-6, Nutrition Score:24.558261104252%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 17.53mg, Hesperetin: 17.53mg, Hesperetin: 17.53mg, Hesperetin: 17.53mg Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 386.89kcal (19.34%), Fat: 15.69g (24.14%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 32.21g (11.71%), Sugar: 26.21g (29.12%), Cholesterol: 92.67mg (30.89%), Sodium: 14466.95mg (629%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Vitamin C: 74.58mg (90.4%), Vitamin B1: 1.35mg (90.29%), Selenium: 41.52µg (59.31%), Vitamin B6: 0.68mg (34.06%), Vitamin B3: 6.52mg (32.59%), Phosphorus: 315.48mg (31.55%), Zinc: 4.58mg (30.54%), Vitamin B2: 0.49mg (28.81%), Potassium: 821.09mg (23.46%), Manganese: 0.44mg (22.2%), Vitamin B12: 1.16µg (19.36%), Copper: 0.31mg (15.54%), Vitamin B5: 1.47mg (14.74%), Magnesium: 55.29mg (13.82%), Iron: 2.44mg (13.54%), Folate: 50.42µg (12.6%), Calcium: 74.38mg (7.44%), Vitamin K: 7.82µg (7.44%), Vitamin E: 0.93mg (6.19%), Vitamin A: 291.46IU (5.83%), Fiber: 1.28g (5.13%)