



Santiago de Cuba's Roast Pork Marinated in a Garlicky Allspice-Cumin Adobo (Cerdo Brujo)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns black
- ☐ 1 head garlic separated peeled
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground cumin
- ☐ 0.8 cup equal parts lime juice and orange juice (from 6 oranges)
- ☐ 1 cup orange juice sweet with 1/4 cup water diluted
- ☐ 8 pound leg of pork with skin

- ☐ 0.3 cup port wine sweet for deglazing
- ☐ 1 teaspoon salt

Equipment

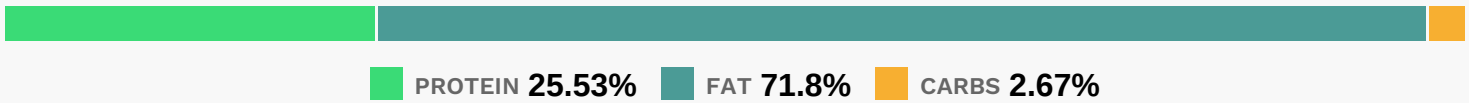
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Making the Adobo
- ☐ Place the garlic, salt, peppercorns, cumin, and allspice in a large mortar and pound to a paste with a pestle. Stir in the bitter orange juice. (You can also puree these ingredients in a blender or food processor.) Set aside.
- ☐ Preparing the Pork
- ☐ Trim the skin from the inner part of the leg only. Wipe the meat clean with a damp cloth. Make several deep incisions all over the skinned portion and rub with the salt.
- ☐ Let rest for a few minutes. Rub the marinade all over the pork, pushing it into the gashes and between the meat and the skin. Cover with plastic wrap and refrigerate for 2 to 3 hours or a maximum of 12 hours. Wipe the marinade from the skin with a clean cloth.
- ☐ Roasting the Pork

- ☐ Preheat the oven to 400°F.
- ☐ Place the pork in a roasting pan and bake uncovered, skin side up, for 3 to 4 hours. Check the roast often. As the pan juices evaporate, replenish them with a little of the diluted sweet orange juice. The pork is done when the skin is crackling and the juices run clear when the meat is pierced at the thickest part of the leg (about 160°F on a meat thermometer).
- ☐ Finishing the Dish
- ☐ Remove the pork from the oven and lift it onto a cutting board, holding the bone with a cloth. With a sharp knife, remove the crisp skin and cut it into small serving pieces.
- ☐ Place them on a cookie sheet and set in the turned-off oven, uncovered (if you cover the crackling, it steams and gets soggy).
- ☐ To deglaze the pan juices, place the roasting pan on the stove over medium heat and add the sherry, scraping up the browned bits with a wooden spoon.
- ☐ Carve the pork and return to the roasting pan with the pan juices to keep the meat moist and flavorful. Pork dries out easily, so if you must hold it for more than 30 minutes, cover the pan with aluminum foil and return it to a warm oven.
- ☐ What to Drink: Luca Pinot Noir from Mendoza, Argentina, or Robledo Family Pinot Noir from Los Carneros, California
- ☐ Serving: Be sure to include some of the crisp skin and deglazed juices with each serving.
- ☐ Serve with rice.
- ☐ Reprinted with permission from Gran Cocina Latina: The Food of Latin America by Maricel Presilla, © 2012 Norton

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.88, Inflammation Score:-5, Nutrition Score:37.48304338818%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin:

0.57mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 1232.79kcal (61.64%), Fat: 96.46g (148.41%), Saturated Fat: 35.77g (223.54%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.59g (3.99%), Cholesterol: 326.59mg (108.86%), Sodium: 548.49mg (23.85%), Alcohol: 1.15g (100%), Alcohol %: 0.28% (100%), Protein: 77.18g (154.36%), Vitamin B1: 3.36mg (224.07%), Selenium: 111.8µg (159.71%), Vitamin B3: 19.92mg (99.61%), Vitamin B6: 1.77mg (88.34%), Phosphorus: 808.66mg (80.87%), Zinc: 10.07mg (67.14%), Vitamin B2: 1.08mg (63.8%), Vitamin B12: 3.18µg (52.92%), Potassium: 1435.01mg (41%), Vitamin C: 26mg (31.52%), Vitamin B5: 3.14mg (31.35%), Iron: 4.63mg (25.75%), Magnesium: 97.79mg (24.45%), Manganese: 0.33mg (16.59%), Copper: 0.25mg (12.69%), Calcium: 89.33mg (8.93%), Folate: 34.96µg (8.74%), Fiber: 0.79g (3.17%), Vitamin A: 124.32IU (2.49%), Vitamin K: 2.17µg (2.07%)