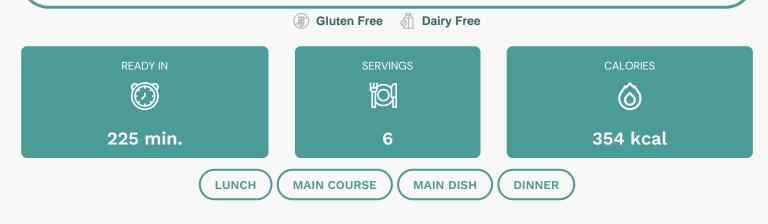


Slow-Cooked Carne Adovada



Ingredients

1 bay leaves

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6 servings pepper black freshly ground
3 pounds pork shoulder boneless
6 ounces pepper flakes dried red
6 medium garlic clove finely chopped
6 servings kosher salt
2 tablespoons vegetable oil
1 teaspoon coriander seeds whole

	1 teaspoon cumin seeds whole
	1 medium onion yellow
Εq	uipment
	frying pan
	paper towels
	sauce pan
	oven
	blender
	roasting pan
	aluminum foil
	slotted spoon
	dutch oven
	cutting board
Di	rections
	Place the coriander and cumin seeds in a large frying or cast iron pan over medium heat and toast until fragrant, about 3 minutes.
	Remove from the pan and let cool. Using a spice grinder, grind the seeds into a fine powder; set aside.Rinse the chiles in water and pat them dry with paper towels.
	Place half of the chiles in the large frying or cast iron pan and toast over medium heat until slightly puffed and fragrant, about 2 to 3 minutes.
	Transfer to a cutting board and repeat with the remaining chiles. When they're cool enough to handle, cut the chiles in half lengthwise, then remove and discard the stems and seeds.
	Place the chile halves in a medium saucepan, cover with water, and bring to a boil over medium-high heat. Reduce the heat to low and simmer until softened, about 5 minutes.
	Remove the pan from the heat and let the chiles cool slightly in the cooking liquid, about 30 minutes. Using a slotted spoon, transfer the chiles to a blender.
	Add 1 cup of the cooking liquid and blend until smooth; set aside.
	Heat the lard or oil in a large frying pan over medium heat until shimmering.

	Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened not browned, about 5 minutes.	d but		
	Add the garlic, reserved coriander-cumin powder, bay leaf, and reserved chile purée, sea with salt, and stir to combine. Cook, stirring occasionally, until the flavors start to meld, a 5 minutes.			
	Remove from the heat and let cool to room temperature. Meanwhile, heat the oven to 35 and arrange a rack in the lower third. Rinse the pork and pat it dry. Generously season the roast all over with salt and pepper and place it in a roasting pan or Dutch oven. (The roast be cut into large pieces if it doesn't fit easily in the pan.)	е		
	Pour the cooled chile sauce over the pork and spread it all over to coat the meat. Cover pan tightly with foil or a lid. Roast until the pork is tender and easily pulls apart with two fabout 11/2 to 2 hours.			
Nutrition Facts				
	PROTEIN 60.66% FAT 32.82% CARBS 6.52%			

Properties

Glycemic Index:23.17, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:32.588695640149%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 353.8kcal (17.69%), Fat: 12.54g (19.29%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.61g (1.67%), Sugar: 2.32g (2.58%), Cholesterol: 136.08mg (45.36%), Sodium: 320.76mg (13.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 52.15g (104.31%), Vitamin B3: 22.2mg (110.98%), Vitamin B1: 1.5mg (100.05%), Vitamin B6: 1.84mg (92.11%), Selenium: 59.28µg (84.69%), Vitamin B2: 1.09mg (64.09%), Phosphorus: 544.66mg (54.47%), Vitamin C: 43.13mg (52.28%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.6mg (30.64%), Potassium: 999.01mg (28.54%), Vitamin B5: 2.33mg (23.26%), Magnesium: 70.59mg (17.65%), Iron: 2.69mg (14.97%), Vitamin K: 12.61µg (12.01%), Copper: 0.23mg (11.64%), Manganese: 0.19mg (9.53%), Vitamin A: 276.34IU (5.53%), Vitamin E: 0.77mg (5.11%), Fiber: 1g (4.02%), Calcium: 35.66mg (3.57%), Folate: 10.17µg (2.54%)