



## Slow-Cooked Carne Adovada

 Gluten Free  Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 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

## Equipment

- frying pan
- paper towels
- sauce pan
- oven
- blender
- roasting pan
- aluminum foil
- slotted spoon
- dutch oven
- cutting board

## Directions

- 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 but not browned, about 5 minutes.
- Add the garlic, reserved coriander–cumin powder, bay leaf, and reserved chile purée, season with salt, and stir to combine. Cook, stirring occasionally, until the flavors start to meld, about 5 minutes.
- Remove from the heat and let cool to room temperature. Meanwhile, heat the oven to 350°F 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 can be cut into large pieces if it doesn't fit easily in the pan.)
- Pour the cooled chile sauce over the pork and spread it all over to coat the meat. Cover the pan tightly with foil or a lid. Roast until the pork is tender and easily pulls apart with two forks, about 1 1/2 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: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)