



Tacos Al Pastor



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



24

CALORIES



1531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ancho chili pepper dried
- ☐ 8 ounces beer
- ☐ 1 tablespoon pepper black
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 20 pepper flakes dried
- ☐ 6 ounces coca-cola
- ☐ 1.5 tablespoons cumin seeds toasted ()
- ☐ 1.5 tablespoons vinegar

- ☐ 9 cloves garlic
- ☐ 40 guajillo chiles* dried
- ☐ 1.5 tablespoons kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 cups orange juice fresh
- ☐ 1 orange zest grated
- ☐ 1.5 tablespoons oregano dried toasted ()
- ☐ 24 servings pineapple diced
- ☐ 4 pounds boston butt pork shoulder cut into 1/2-inch cubes
- ☐ 3 tablespoons vegetable oil
- ☐ 120 2-inch corn tortillas white soft for serving ()

Equipment

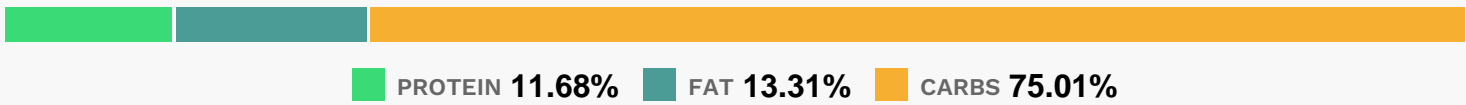
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Stem, seed, and rehydrate the dried chiles (page 153).
- ☐ Drain and set aside, reserving the soaking liquid.
- ☐ In a small saucepan, simmer the orange juice over medium-low heat until reduced by half; set aside. In the jar of a blender, puree the rehydrated chiles until smooth, adding some of the soaking water, if needed, to achieve a smooth consistency.
- ☐ In a large bowl, add the reduced orange juice, pureed chiles, orange zest, brown sugar, garlic, cumin, oregano, salt, black pepper, vinegar, lime juice, cola, and beer and stir to mix well.
- ☐ Add the pork, cover, and marinate in the refrigerator overnight.
- ☐ When ready to cook, remove the pork from the marinade and drain well. In a large, heavy skillet, heat the oil over medium-high heat. Saut the pork pieces until the meat is cooked through, about 7 minutes.

- ☐ Remove from the heat and serve right away or keep warm in the pan until ready to serve.
- ☐ To serve, lay the tortillas side by side, open face and overlapping on a platter. Divide the filling equally between the tortillas and top with pineapple and salsa. Grab, fold, and eat right away. Or build your own taco: lay a tortilla, open face, in one hand. Spoon on some filling, top with pineapple and salsa, fold, and eat right away.
- ☐ Book, using the USDA Nutrition Database
- ☐ Tacos by Mark Miller with Benjamin Hargett and Jane Horn. Copyright 2009 by Mark Miller with Benjamin Hargett and Jane Horn. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Mark Miller is the acclaimed chef-founder of Coyote Cafe in Santa Fe, New Mexico. He has started and owned thirteen different restaurants on three continents from 1979 to 200
- ☐ He is the author of ten books with nearly 1 million copies in print, including Tacos, The Great Chile Book, The Great Salsa Book, and Coyote Cafe. Mark currently works in International Culinary Consulting and lives in Santa Fe, New Mexico. Benjamin Hargett is a travel-loving chef who has cooked in Europe, the Carribean, Mexico, and the United States, where he worked with Mark Miller at the Coyote Caf for many years.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:119.22, Inflammation Score:-10, Nutrition Score:60.200000182442%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1530.81kcal (76.54%), Fat: 23.7g (36.46%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 300.57g (100.19%), Net Carbohydrates: 252.53g (91.83%), Sugar: 35.32g (39.24%), Cholesterol: 30.9mg (10.3%), Sodium: 766.4mg (33.32%), Alcohol: 0.37g (100%), Alcohol %: 0.06% (100%), Protein: 46.79g (93.58%), Phosphorus:

1972.56mg (197.26%), Vitamin A: 9755.44IU (195.11%), Fiber: 48.04g (192.15%), Manganese: 3.07mg (153.65%), Vitamin C: 118.85mg (144.06%), Magnesium: 476.2mg (119.05%), Vitamin B6: 2.04mg (102.1%), Vitamin B3: 14.64mg (73.19%), Vitamin B1: 1.09mg (72.93%), Selenium: 50.21µg (71.73%), Zinc: 9.53mg (63.53%), Potassium: 2161.43mg (61.76%), Iron: 10.81mg (60.07%), Vitamin B2: 1.01mg (59.47%), Copper: 1.17mg (58.39%), Calcium: 518.63mg (51.86%), Vitamin K: 49.24µg (46.9%), Vitamin E: 3.2mg (21.3%), Folate: 81.55µg (20.39%), Vitamin B5: 1.66mg (16.59%), Vitamin B12: 0.39µg (6.49%)