



Throwdown Cuban Sandwich with Homemade Pickles

READY IN



45 min.

SERVINGS



10

CALORIES



959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 pound boston butt pork shoulder bone-in fat trimmed
- 10 servings canola oil
- 3 cups chicken stock see
- 0.5 teaspoon coriander seeds
- 3 kirby cucumbers sliced into 1/ slices
- 3 tablespoons dijon mustard
- 0.8 teaspoon dill seeds

- 0.8 cup optional: dill fresh packed coarsely chopped
- 1 head garlic peeled
- 2 garlic cloves coarsely chopped
- 2 teaspoons ground cumin
- 1 pound ham thinly sliced
- 1 Clove r honey
- 2 teaspoons kosher salt
- 10 servings kosher salt and pepper black freshly ground
- 0.5 cup juice of lime fresh
- 1 cup mayonnaise prepared
- 0.5 teaspoon mustard seeds whole
- 2 medium onions spanish peeled coarsely chopped
- 1 cup orange juice fresh
- 10 servings handfull oregano fresh with leaves
- 10 servings toppings: such as pickles homemade
- 8 cuban breads sliced
- 5 cloves roasted garlic pureed
- 10 servings roasted garlic–dijon aioli
- 10 servings salt and pepper black freshly ground
- 2 tablespoons aged sherry vinegar
- 10 servings fatty pork shredded
- 2 tablespoons sugar
- 1 pound swiss cheese thinly sliced
- 2 cups distilled vinegar white

Equipment

- bowl
- frying pan
- sauce pan

- oven
- whisk
- dutch oven
- panini press

Directions

- Watch how to make this recipe.
- Pork: Preheat oven to 350 degrees F. Season the pork with salt, pepper and cumin.
- Heat a few tablespoons of oil in a large Dutch oven until it begins to shimmer.
- Add the pork and cook until golden brown on all sides.
- Add the stock, juices, vinegar, garlic, onions, bay leaves and oregano, bring to a simmer, cover and transfer to the oven. Braise until fork tender (between 180 and 190 degrees F), about 1 1/2 hour to 2 hours.
- Remove from the oven, transfer pork to a platter and let rest 15 minutes before slicing or shredding.
- Strain the braising liquid into a medium pan, bring to a boil and let reduced slightly, adding honey and salt and pepper if needed. Toss some of the braising liquid with the shredded pork to moisten.
- Put the sliced cucumber in a medium bowl (which has a fitted lid).
- Combine 1 cup of water, the vinegar, dill, sugar, garlic, salt, dill, mustard and coriander seeds in a small saucepan over high heat and bring to a boil. Cook until the sugar and salt is dissolved.
- Remove from the heat and taste for tartness, add more sugar if too sour and let cool to room temperature.
- Pour the cooled liquid over the cucumbers, cover and refrigerate for at least 4 hours and up to 48 hours, stirring the mixture at least once.
- Whisk together mayonnaise, mustard and garlic and season with salt and pepper. Cover and refrigerate for at least 30 minutes before using to allow the flavors to meld.
- Spread both cut sides of the bread with a tablespoon or so of aioli.
- Add the pork, a few slices ham, and a generous layer of pickles. Top with a few slices cheese.
- Press the sandwiches in a hot panini grill until outside is toasty and cheese is melted.

Nutrition Facts

PROTEIN 22.02% FAT 59.69% CARBS 18.29%

Properties

Glycemic Index:65.14, Glycemic Load:27.74, Inflammation Score:-9, Nutrition Score:38.477826035541%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 958.6kcal (47.93%), Fat: 62.78g (96.58%), Saturated Fat: 17.81g (111.33%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.52g (14.37%), Sugar: 9.38g (10.42%), Cholesterol: 156.46mg (52.15%), Sodium: 2246.33mg (97.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.12g (104.23%), Vitamin B1: 1.52mg (101.63%), Selenium: 61.9µg (88.43%), Phosphorus: 713.47mg (71.35%), Vitamin K: 71.73µg (68.31%), Calcium: 570.36mg (57.04%), Zinc: 7.51mg (50.04%), Vitamin B2: 0.8mg (46.87%), Vitamin B3: 9.32mg (46.62%), Vitamin B6: 0.92mg (46.03%), Vitamin B12: 2.62µg (43.61%), Manganese: 0.71mg (35.38%), Vitamin C: 27.7mg (33.58%), Potassium: 1047.64mg (29.93%), Vitamin E: 4.02mg (26.81%), Magnesium: 94.92mg (23.73%), Iron: 4.25mg (23.59%), Copper: 0.43mg (21.6%), Vitamin B5: 1.94mg (19.37%), Vitamin A: 941.61IU (18.83%), Folate: 65.6µg (16.4%), Fiber: 3.76g (15.05%), Vitamin D: 0.36µg (2.42%)