



Yucatecan-Style Pork



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



10

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons achiote seeds (achiote)
- ☐ 3 banana leaves fresh frozen thawed
- ☐ 1 teaspoon peppercorns black
- ☐ 6 pound boston butt pork shoulder boneless lean cut into 3-inch chunks (not)
- ☐ 1 teaspoon cumin seeds
- ☐ 6 garlic cloves
- ☐ 0.5 cup seville orange juice fresh (bitter)
- ☐ 1 teaspoon oregano dried crumbled (preferably Mexican)

- ☐ 10 servings accompaniments: habanero salsa; warm tortillas
- ☐ 2.5 teaspoons salt
- ☐ 1 large onion white halved lengthwise
- ☐ 0.5 teaspoon allspice whole

Equipment

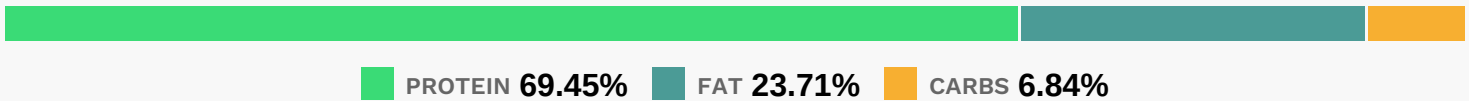
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Put pork in a large bowl and rub with 1 teaspoon salt and 2 tablespoons juice.
- ☐ Toast peppercorns, cumin, and allspice together, then cool slightly.
- ☐ Transfer to grinder along with annatto seeds and grind to a powder.
- ☐ Transfer to a small bowl.
- ☐ Mince garlic and mash to a paste with remaining 1 1/2 teaspoons salt using side of a large heavy knife.
- ☐ Add to ground spices along with oregano and remaining 6 tablespoons juice and stir to make a paste.
- ☐ Toss pork with paste to coat well.
- ☐ Add onion and toss to combine.
- ☐ Holding both ends of a banana leaf, drag leaf over a burner on moderately high heat slowly until it changes color slightly and becomes shinier, then turn over and toast other side. Toast remaining banana leaves in same manner.
- ☐ Line roasting pan with leaves, shinier sides down, by arranging 1 leaf lengthwise and 2 leaves crosswise, letting excess hang over sides. Trim overhang to about 8 inches on all sides.

- ☐ Transfer pork mixture to banana leaves, then fold overhang of leaves over pork to enclose completely. Cover pan tightly with foil and chill, at least 6 hours.
- ☐ Put oven rack in middle position, then put pan with pork in oven and heat to 400°F (to take chill off pork gently).
- ☐ Once oven has reached 400°F, bake until pork is very tender, 2 1/4 to 2 3/4 hours.
- ☐ Discard foil and open banana leaves, then serve pork with salsa and tortillas.
- ☐ ·In place of the Seville (bitter) orange juice, you can use 1/4 cup fresh regular orange juice plus 1/4 cup fresh lime juice, stirred together.·Pork in banana leaves (not baked) can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:33.501738900724%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 372.21kcal (18.61%), Fat: 9.45g (14.54%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.96g (1.81%), Sugar: 2.93g (3.26%), Cholesterol: 163.29mg (54.43%), Sodium: 939.95mg (40.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.29g (124.57%), Vitamin B3: 26.6mg (133%), Vitamin B1: 1.79mg (119.37%), Vitamin B6: 2.07mg (103.57%), Selenium: 70.9µg (101.28%), Vitamin B2: 1.29mg (75.77%), Phosphorus: 644.96mg (64.5%), Vitamin B12: 2.37µg (39.46%), Zinc: 5.45mg (36.32%), Potassium: 1179.86mg (33.71%), Vitamin B5: 2.8mg (27.98%), Magnesium: 81.25mg (20.31%), Iron: 2.91mg (16.19%), Copper: 0.25mg (12.75%), Vitamin C: 8.6mg (10.42%), Manganese: 0.21mg (10.35%), Fiber: 1.16g (4.66%), Calcium: 45.08mg (4.51%), Vitamin E: 0.67mg (4.44%), Vitamin A: 188.54IU (3.77%), Vitamin K: 3.42µg (3.26%), Folate: 8.56µg (2.14%)