

Yucatecan-Style Pork



Ingredients

Ш	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	
Εq	uipment	
	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 11/2 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.	

Nutrition Facts
to 1 day.
1/4 cup fresh lime juice, stirred together. Pork in banana leaves (not baked) can be chilled up
In place of the Seville (bitter) orange juice, you can use 1/4 cup fresh regular orange juice plus
Discard foil and open banana leaves, then serve pork with salsa and tortillas.
Once oven has reached 400°F, bake until pork is very tender, 2 1/4 to 2 3/4 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).
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.

PROTEIN 69.45% FAT 23.71% CARBS 6.84%

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, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Myricetin: 0.04mg, 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 %: O% (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%)