JENNI MARIE'S TEST KITCHEN

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Birria Style Carnitas

This recipe is mildly spicy & kid friendly, but you can easily add more spice to your taste
(Start about 8 Hours in Advance)

Equipment Needed:

- **Dutch Oven or Roasting Pan (alternately, you can cook in a crock pot)**
- **Blender or Immersion Blender**
- **Measuring Cups & Spoons**
- **Kitchen Scale**
- **Cutting Board**
- **1 - Bone-in Pork Butt Roast (boneless works too if that is all you can find)**
  - 6-8 lb. Roast makes between 26-36 tacos, depending on the size of your roast.
  - My formula - 128oz. (8lb.) Roast = 64oz. cooked shredded meat (50% of roast starting weight) = 1.75oz. meat per taco = 36 tacos

Directions:

1). Gather all equipment & ingredients. Preheat oven to 450*F and move oven rack to lower middle setting. Combine spice rub ingredients in a small bowl and mix well to combine. Rub roast all over with oil, followed by spice mixture. Let roast rest at room temp while you move to step 2.

- ***2 T. Low FODMAP Onion Oil (sub w/ regular olive oil)***
- ***3 t. Low FODMAP Garlic Replacer (or 1/2 t. garlic powder)***
- ***1/2 t. Low FODMAP Onion Replacer (or 1/2 t. onion powder)***
- ***1 T. Dried Oregano***
- ***1/2 t. Dried Thyme***
- ***1 t. Black Pepper***
- ***1.5 t. Kosher Salt***
- ***1 T. Brown Sugar***

2). Place the below sauce ingredients into a high-speed blender and blend until smooth. Pour sauce into Dutch oven. Gently place pork roast into the Dutch oven with the sauce, fat side up. Try not to let the fat side become submerged.

- ***1/4 C. (60ml.) Frozen Orange Juice Concentrate***
- ***Juice of 1 Lime (approx. 25-35ml.)***
- ***1 Jalapeno Pepper (seeds and membranes removed for less spice - keep seeds if you like it spicy!)***
- ***30g. (2 T.) Chipotle Peppers in Adobo (add more if you like it spicy!)***
- ***1 - 8 oz. Can Tomato Sauce***
- ***1 C. (237ml.) Chicken Broth (I recommend Better Than Bouillon)***
- ***2 t. Ground Cumin***
- ***2 t. Low FODMAP Garlic Replacer + 2 T. Low FODMAP Garlic Oil (or 3 cloves minced garlic)***
- ***1 t. Black Pepper***
- ***1 t. Kosher Salt***
- ***1/2 t. Whole Coriander Seed***

3). Add bay leaves, cloves, and onion (if using) to the Dutch oven and place in conventional oven, uncovered for 30 minutes at 450*F. After 30 minutes, reduce heat to 250*F, cover, and continue to cook the roast for 4-6 hours, or until the meat is fall apart tender.

- ***2 Bay Leaves***
- ***4 Whole Cloves***
- ***1 Small Onion, thick sliced (optional)***

4). SHREDDING THE PORK - When pork is done cooking, carefully transfer roast to a cutting board or large platter (large serving forks work well for this). Cover loosely with foil and let rest for 20-30 minutes. Carefully pour remaining cooking juices through a fine mesh strainer into a medium saucepan, cover, and place in fridge to cool down for 20-30 minutes. Discard any solids that were left in the strainer. After roast has cooled down, shred meat using forks and/or gloved hands, and discard any fat, bone, or unappetizing parts. You can leave the meat shredded as is or use a chef's knife to chop it into smaller bite sized pieces. Place shredded pork into a bowl or food storage container, cover, and set aside while you work on the consommé.

5). PREPPING THE CONSOMMÉ - Remove cooking juices from fridge and separate the juice from the fat using a skimming method. I transfer the fat into a glass jar or food storage container. This takes a little time but stay with it. When most of the fat has been separated, ladle about 1/2 cup of the juices into the bowl of shredded pork and mix it around to evenly distribute. This will add moisture and flavor to the meat. Keep the juices warm on the stovetop. This is the consommé in which you will dip your tacos.

6). FRYING THE TACOS - Heat a large skillet on medium high heat. Use the pork fat that was set aside to pan fry your tacos by ladling a couple of tablespoons on to a dinner plate. When frying the tacos, you have to work quickly and have the ingredients nearby. Dip one side of a (small) tortilla into the pork fat and then place it into the hot skillet. Quickly place meat and cheese into one side of the tortilla and fold over the other side into the classic "taco" shape. Cook until golden and crispy, and then flip and cook the other side until golden and crispy. You can also do this quesadilla style, which is a little easier & more kid friendly. I cook my tacos with meat and cheese only, and then people can add additional toppings after the tacos have been fried. Serve with a small ramekin of consommé for dipping (this is a must). We like to serve our tacos with elote, or chips and guacamole on the side. Enjoy!

Additional Ingredients & Toppings:

- ***Soft Flour or Soft Corn tortillas (small for tacos & larger for quesadillas)***
- ***Lime Wedges***
- ***Queso Cotija or Shredded Co-jack Cheese***
- ***Fresh Chopped Cilantro***
- ***Finely Chopped Onions***
- ***Tomato Salsa***
- ***Creamy Avocado Chile Sauce***
- ***Sour Cream***

****I have a small family, so this makes several dinners for us. I portion my leftover meat and consommé into meals (I figure about 2 oz. of meat per taco), place in food storage containers or freezer bags and freeze for later. This meat can also be used to make delicious Cubano sandwiches, or burrito bowls.***