

Braised Pork Tacos



Carnitas or twice cooked pork tacos, are a comfort food in my house. Typically a chef will braise or slow cook the pork, then shred the pork, then add a layer of flavor and crispiness by pan searing the shredded pork. If you are on a time crunch but have the time to throw the pork in a slow cooker or a baking pan in the oven, then a simple braise works great and has plenty of flavor.

The flavor of these tacos is greatly enhanced by not only what you put in the braise, but what you put on top of the taco. A lightly dry heated tortilla with shredded pork, razor thin sliced radishes, diced purple or sweet onions and chimichurri or picante is the perfect simple combination to pure heaven at home!

Braised Pork Taco Recipe

Serves 8

30 min prep plus 4-8 hours slow cooker or oven time

Ingredients

Pork Shoulder 5 lbs

Coconut Oil 3 Tbsp or Other High Temp Oil (Grapeseed, Avocado, Vegetable)

Brown Sugar 2 Tbsp

Salt 1 tsp

Pepper 1 Tbsp

Paprika 1 Tbsp

Dry Mustard 1 tsp

Cumin 1 tsp

Cayenne 1 tsp

Orange 1, quartered

Onion 1, quartered

Milk or Non-Dairy Milk .5 C

Coca-Cola 1 Can

Bay Leaf 1

Orange Juice .5 C

Tools

Slow Cooker

Or Large Roasting Pan

Tin Foil

Forks or “Bear Claws” for shredding braised pork

1. Preheat oven to 350 deg F or slow cooker to high temperature.
2. Cut pork into .5 lb pieces.
3. Combine spices to make rub: brown sugar, salt, pepper, paprika, dry mustard, cumin, and cayenne. Rub Pork.
4. Heat oil in dutch oven or heavy pot. Brown pork 2 minutes per side when oil is simmering. Place browned pork in roasting pan or slow cooker.
5. Add orange, onion, milk, Coca-Cola, bay leaf and orange juice.
6. If using a roasting pan, cover and place in oven for 4 hrs. Lid off at 3 hrs and 15 min. Alternatively, use slow cooker for 4 hours on high or 8 hours on low. Remove meat from pot to cool and shred. Add hot spice (crushed red pepper, cayenne, serrano, or jalapeno) to braising liquid to taste. Remove oranges, puree with immersion blender.
7. Serve shredded pork with tortillas, sliced radishes, fine diced onion, braising liquid or picante or chimichurri.