

Cochinita Pibil in a Slow Cooker (Mayan Pulled Pork) with Pickled Onions

Inspired by recipes from Rick Bayless

This is a 3 day prep

Day 1: Make the marinade

Make a spice mix by grinding into a fine powder in a spice grinder the following:

1 teaspoon cumin seeds (toasted)

2 T achiote/annatto seeds

¾ teaspoon dried Mexican oregano

¾ teaspoon black peppercorns

2 whole cloves

1 stick canela/Mexican cinnamon

Puree in the blender, the spice mix and

1 teaspoon salt

4 cloves of minced garlic

½ cup sour orange juice (or a mix of lime juice with a generous splash of orange juice)

3 T orange juice

Pour into a large ziplock bag (or a non-metallic container) and let it sit overnight in the fridge.

Day 2: Marinate the pork

(At this point, you may reblend the marinade in the blender just to minimize the grittiness)

Then in a ziplock bag, pour the marinade and add a

3 pound bone-in pork shoulder roast, trimmed a little of the outside fat

Let sit in the fridge overnight or 24 hours, moving the bag around a bit to make sure it's even.

Day 3: Cook the pork, make the pickled onions, and make the corn tortillas

In the morning, line the slow-cooker with

1 package banana or plantain leaves, defrosted if frozen (optional)

Laying a 2 foot section of one down the length, the other across the width.

Add the meat and pour the marinade over and around the roast.

Pour around the meat a

¾ cup water or chicken broth/stock

Fold up the banana leaves to roughly cover everything.

Slow cook for 6 hours on low setting or until the meat is fall-off-the-bone tender.

After this, you can switch to the warm setting and keep it up to 3-4 hours.

While the meat is cooking, you can make and marinate the pickled onions.

Pickled Onions

1 large red onion, thinly sliced about 1/8" thick (use a mandolin)

¼ cup sour orange juice (or a mix of lime juice with a generous splash of orange juice)

½ teaspoon salt

Toss and set aside to marinate, stirring occasionally.

Will keep in the fridge up to a week or so.

When the meat is almost done, you can make homemade corn tortillas, keeping them warm.

Use tongs to transfer the meat to a large dish, removing the bone.

Spoon off any rendered fat that's floating over the pan juices, otherwise it may be quite greasy tasting.

If there is more than about 2 cups of pan juices, pour it into saucepan and boil it down to about a cup.

Using forks, pull the pork apart.

Pour the sauce over the pork. Taste for salt and add if needed.