

Pressure Cooker Pork Carnitas Tacos

Adapted from Food & Wine, May 2011



3 pounds pork shoulder roast, boneless
1 teaspoon achiote paste, a dry paste product
1 teaspoon ancho chili powder
1 teaspoon chipotle chile powder
salt, to taste
2 tablespoons vegetable oil, for frying
about 10-12 6-inch corn tortillas, lime wedges, 1
cup minced cilantro, 1 sliced avocado

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 5

You want very little fluid in the bottom of the pressure cooker when you add the spices. Start with less than 1/4 cup, add the spices, then add more of the broth as needed to make a sauce. The nutrition info does not include calories for the tortillas, cilantro and avocado. It's important that you don't allow the pressure cooker to steam too much - you want it to be under very low pressure. Some cookers are adjustable for 15-25 psi. Use lower setting if possible.

1. Pour 1/4 inch of water into a pressure cooker and add the pork. Cover and cook at 15 PSI for 25 minutes, regulating the heat to prevent excessive steam from escaping through the valve. Turn off the heat and wait for the pressure cooker to depressurize so that the lid can be removed without force, about 10 minutes. Using a slotted spoon, transfer the meat to a strainer. Stir the achiote paste and both chile powders into the pan juices and season with salt.
2. In a medium skillet, heat 1/2 inch of oil until shimmering. Working in batches, fry the pork over high heat, turning once, until crispy, 3 minutes. Season with salt. Add the meat to the sauce and stir to coat. Serve the carnitas with tortillas, sliced avocado, cilantro and lime wedges. Makes about 10 tacos.

Per Serving (excluding unknown items): 533 Calories; 42g Fat (72.3% calories from fat); 35g Protein; 1g Carbohydrate; trace Dietary Fiber; 145mg Cholesterol; 167mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 5 1/2 Fat.