

September 2020

Pork Keto

Crispy Cuban Roast Pork (Lechon Asado)

Ingredients:

- 2kg boneless pork shoulder (125g-200g per portion please)
- 4 tsp salt
- 2 tsp ground cumin
- 1 tsp ground black pepper
- 2 tbsp fresh oregano (5 sprigs)
- 1 large red onion, diced
- 4 garlic cloves
- 1 Sevilla orange, juiced
- 2 lemons, juiced
- ¼ cup olive oil

Instructions:

1. Rub the salt into the pork shoulder and place in a large bowl.
2. Combine the rest of the marinade ingredients in a food processor and pulse to combine.
3. Pour this all over the pork and massage into the meat. Cover and set to marinate in the fridge for at least eight hours, turning over halfway during the marinade time.
4. Before cooking, let the pork sit at room temperature for an hour.
5. Place in the pressure cooker, fat side up. Pour the marinade all around it.
6. Cook on high for 40 minutes. If using a slow cooker, cook on low for 8 hours.
7. When it is done cooking in the appliance, pre-heat the oven to 220°C.
8. Place the pork shoulder fat side up on a sheet pan and roast for 30 minutes until it is golden and crisp all over.
9. While the pork crisps in the oven, reduce the fluid left behind in the pressure cooker for 20 minutes.
10. Shred the pork shoulder into large chunks and pour the reduced marinade all over.

Nutritional Information:

Net carbs: 3 % (6 g)

Fiber: 2 g

Fat: 71 % (70 g)

Protein: 27 % (59 g)

Calories: 912