



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
REVERSE BRAISING
PORK CARNITAS

WITH SUR LA TABLE CHEF

MENU:
PORK CARNITAS
HANDMADE CORN TORTILLAS

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 3 pounds boneless pork shoulder

Produce

- 1 medium yellow onion
- 4 garlic cloves
- 1 medium jalapeño
- 1 cup (3-4 medium oranges) freshly squeezed orange juice
- 4 limes
- 1 medium white onion
- 1 bunch cilantro

Dairy

- 2 tablespoons unsalted butter, lard, or vegetable oil

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Dried Mexican oregano
- Ground cumin
- Vegetable oil
- 1 bay leaf

Dry/Canned Goods

- Chipotle paste
- Masa harina (see recipe for substitutions)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Measuring cups and spoons
- Tortilla press (see recipe for alternate methods of pressing tortillas)
- Metal or heat-safe spatula
- Tortilla warmer or clean kitchen towel
- Tongs
- Wooden spoon
- Citrus juicer or reamer
- Microplane or zester
- 2 forks
- Slotted spoon

Cookware

- Cast-iron skillet or griddle
- Dutch oven or pressure cooker
- Large skillet

Bakeware

- 2 baking sheets

Other

- Plastic wrap
- Paper towels
- Aluminum foil

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Pork Carnitas

1. 30 minutes prior to class, remove pork from refrigerator and allow to come to room temperature.
2. Wash and dry produce.

Handmade Corn Tortillas

1. If using butter or lard, melt 2 tablespoons of your choice and set aside.

PORK CARNITAS

Yield: 6-8 servings

Typically preparing pork for carnitas is a lengthy process but with a pressure cooker, the preparation time is reduced significantly which makes this recipe perfect for everyday cooking.

1 tablespoon kosher salt
1/2 teaspoon freshly ground black pepper
2 teaspoons dried Mexican oregano
1 tablespoon ground cumin
3 pounds boneless pork shoulder, trimmed and cut into 1 1/2" pieces
2 tablespoons vegetable oil
1 medium yellow onion, chopped
4 large garlic cloves, smashed
1 bay leaf
1 medium jalapeño, sliced
1 tablespoon chipotle paste
1 cup freshly squeezed orange juice
2 tablespoons fresh lime juice

For serving:

Warm tortillas (recipe included)
1 medium white onion, diced
1 bunch cilantro, chopped
2 limes, cut into wedges

1. **To prepare carnitas:** To a large bowl, add salt, pepper, oregano, and cumin; whisk to combine. Add pork to spices and toss to coat evenly.
2. **To sear carnitas in pressure cooker:** Set pressure cooker to sauté high and add oil. When oil is shimmering, sear pork in batches until browned on all sides.
3. Add remaining carnitas ingredients to pressure cooker. Pressure cook high for 1 hour. Manually release pressure.
4. **To sear carnitas in Dutch oven:** To a Dutch oven set over medium-high heat, add oil. When oil is shimmering, sear pork in batches until browned on all sides. Add remaining ingredients, cover and cook over medium-low heat until tender, 3 to 4 hours.
5. **To finish carnitas:** With a slotted spoon or spider, transfer pork from braising liquid to a rimmed baking sheet. Using two forks, shred pork into small chunks.

6. **To reverse braise carnitas:** To a large skillet set over high heat, add only enough pork to create a thin, single layer. Cook pork until crisp and browned, about 5 minutes, flip and continue to cook until pork edges are seared and caramelized, 5 minutes more. Transfer crisped carnitas to a plate and cover with foil to keep warm. Repeat with remaining pork.

Recipe variations:

- **Serving suggestions:** Serve crispy carnitas with pickled onions, warm tortillas and salsa.

HANDMADE CORN TORTILLAS

Yield: 12, 5 to 6" tortillas

Tortillas can be made simply with flour and water but adding a bit of fat greatly improves flavor and texture. Lard, butter and oil will all yield great results, so use what is on hand or experiment with your favorite fat.

1 1/2 cups masa harina, plus more for dusting
1/2 teaspoon fine kosher salt
2 tablespoons fat (melted lard, butter, or vegetable oil)
1 cup hot water, plus more as needed

1. **To prepare masa:** To a large mixing bowl, combine masa, salt and fat. Thoroughly combine by mixing with your fingers or a whisk. Slowly stream in water mixing with your hands or a wooden spoon until dough comes together into a ball. Turn dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide dough into 12, 1-ounce portions and form each into a smooth ball. Place masa balls on a baking sheet, cover with plastic wrap and rest for 15-30 minutes.

2. After dough has rested, preheat a cast-iron skillet or griddle over medium-high for 5 minutes, then reduce heat to medium.

3. **To shape dough:** If dough has dried slightly during resting, wet your hands and roll each ball again to moisten. Place dough between 2 sheets of plastic wrap and place directly in center of tortilla press. Press down firmly, then re-center dough and press again, repeating 1 to 2 more times or until tortilla is 1/8" thick. Transfer formed tortillas to a baking sheet and cover with plastic wrap. Shape several more tortillas.

4. **To cook tortillas:** To preheated cast-iron skillet set over medium heat, place raw tortillas into pan, a few at a time. Cook tortillas until brown spots appear on bottom, about 1 minute. Flip tortillas and cook opposite side. Transfer cooked tortilla to a baking sheet and cover with a damp towel or plastic wrap to trap in heat and moisture. Press next batch of dough and cook in hot skillet. Once you get the hang of it, transfer pressed tortillas straight into hot skillet and start pressing next batch while cooking previous batch.

5. When ready to serve, reheat tortillas, wrapped in foil, in a 350°F oven for 10 minutes. Refrigerate tortillas tightly wrapped in plastic for up to 2 days or transfer to a plastic freezer bag and freeze for up to 2 months.

Corn Tortilla variations:

- If you do not have a tortilla press, use a cutting board wrapped in plastic wrap as a base, then roll out dough with a rolling pin. Alternatively, press tortillas using a flat-bottomed heavy skillet.