

Crispy Pork Carnitas (Sous Vide)

February 6th, 2022

This recipe serves: 8

Prep Time: 00:15

Cook Time: 08:15

Carnitas (meaning "little meats") are a traditional Latino pork dish made using a French cooking method called "confit", where the meat is slowly deep fried (over several hours) in seasoned heated oil (usually lard). Alternatively, you can make Carnitas by slowly stewing (or braising) the meat, then roasting under a hot broiler. The Sous Vide produces a tender and juicy meat. After shredding (pulling) the pork is a crispy crunch (associated with traditional Carnitas) by broiling in the oven. Mix the au jus back into the meat so that it doesn't taste dried out.

Ingredients:

3-4 Pounds Pork Shoulder Roast (Boston Butt or Picnic Roast)

1 Onion, peeled and quartered

2 Jalapenos or Poblano Peppers, halved, stems and seeds removed

Marinade

1 Cup Orange Juice or Naranja Agria

6 Garlic Cloves, peeled and minced

2 Teaspoons Salt

4 Bay Leaves

1 Teaspoon Cumin, ground

1 Teaspoon Black Peppercorn, lightly crushed

Directions:

Prepare the Pork

In a medium bowl, mix the Marinade.

Remove any bones from the Pork. Cut the Pork Roast into 8 or 10 pieces.

Divide the Pork, Onion, and Pepper across 2 large Sous Vide bags in equal amounts. Add half the Marinade into each bag and mix well.

Vacuum out all the air and seal the bags. Refrigerate 12 to 24 hours, or freeze up to 6 months.

Cook the Pork

Sous Vide both bags at 185° F for 8 hours (8.5 hours if frozen).

Rest the Pork

Remove the bags from the Sous Vide and refrigerate for a couple of hours.

Note that the bags can be refrigerated unopened up to 1 week or frozen up to 6 months.

Note: If frozen...

Thaw the frozen Carnitas by returning the bag(s) to the Sous Vide for 30 minutes at 110° F.

Open the bag(s). Separate and reserve any solid pieces of Fat that may have been rendered during the Sous Vide cook.

Remove the Bay Leaves and discard. Drain off the Au Jus, reserving it for later.

Remove each piece of Pork and dry excess moisture with a paper towel or a clean tea towel.

Refrigerate the Au Jus to separate any solid pieces of Fat. Remove the Fat from the Au Jus.

Finish Under the Broiler

Prepare a large sheetpan by lining it with a large sheet of parchment paper.

Spread the Carnitas in a single layer across the parchment paper.

Set the oven broiler to high.

Broil for 5-7 minutes, watching closely, until golden brown and crispy.

Flip each piece of Carnita.

Broil for 5 more minutes, removing when they become golden brown and crispy.

Serve the Carnitas

Splash a few tablespoons of warmed Au Jus onto the Carnitas.

Serve the Shredded Carnitas with tortillas, chopped Cilantro, brunoised roasted Jalapeno Peppers, brunoised roasted Red Pimentos, Pico de Gallo, Salsa, and Cotija Cheese.