

Sarah's Slow Cooker Pork Carnitas

Serves: 4 to 6

Ingredients:

3 pounds bone-in pork shoulder (or 2 ½ pounds boneless)
Kosher salt and black pepper
2 teaspoons dried oregano
1 teaspoon ground cumin
1 teaspoon chili powder
¼ teaspoon cayenne pepper
1 medium yellow onion, sliced
1 jalapeno pepper, coarsely chopped
5 cloves garlic, coarsely chopped
¼ cup fresh lime juice (about 2 limes)
1 orange, zested and juiced
1 ½ cups chicken broth or water



Directions:

Pat the pork roast dry and season generously with salt and pepper on all sides; set aside.

In a small bowl, combine the oregano, cumin, chili powder and cayenne pepper; set aside.

Place the onion, jalapeno and garlic in the bottom of the slow cooker. Add the pork roast and rub half of the spice mixture over the top and sides. Turn the roast over and repeat with the remaining spices. Turn the roast over again until evenly coated. Add the lime juice, orange zest and juice, and chicken broth. The liquid should come up to the top inch of the pork, so add more broth or water if needed, but not enough to submerge the roast.

Cover the crock pot and cook on high for 4 to 5 hours or on low for 7 to 8 hours, until the meat is very tender and easy to pull apart. If the liquid appears to be reducing too much, add more broth or water by the quarter-cup as needed.

Preheat the oven broiler to high heat and line a baking sheet with aluminum foil. Remove the pork roast from the pot and place it on the baking sheet, reserving the juices in the pot.

Use two forks to pull the meat into shreds and discard the bone if present. Spread the shredded meat out on the baking sheet in an even layer. Place the baking sheet under the broiler for 5 minutes until the edges of the pork start to brown and become crispy. Remove the pork from the oven and pour ¼ cup of the reserved liquid over the shredded meat, tossing with tongs to evenly coat.

Return the pork to the broiler for 5 minutes and repeat this process. After adding the second ¼ cup of the liquid, broil for another 3 minutes and then remove from the oven and transfer the pork to a serving dish. Add another ¼ cup of the reserved juices and toss to combine.

Serve immediately in tacos, sandwiches and salads, or atop a crispy tostada. The cooked pork can be refrigerated for up to 3 days, or frozen for up to 3 months. The reserved juices can also be refrigerated for several days or frozen for later use.

Sarah's Cucumber and Green Apple Salsa

Makes: about 2 cups

Ingredients:

1 large Granny Smith apple, diced into ¼-inch cubes, keep peel on
1 English cucumber, diced into ¼-inch pieces, keep peel on
½ large red onion, small-diced
2 tablespoons fresh lemon juice
2 tablespoons fresh cilantro, finely chopped
2 tablespoons fresh mint, finely chopped
1 teaspoon kosher salt
½ teaspoon black pepper



Directions:

Combine all ingredients in a medium bowl. Add 1 teaspoon kosher salt and ½ teaspoon black pepper and stir to combine. Taste and adjust flavors and seasoning as desired.

Let salsa marinate for at least 30 minutes before serving for best results. Refrigerate in an airtight container for up to one week. Serve with grilled fish, chicken and pork, or on top of chips, toast and salads.

Sarah's Chorizo Rough-Cut Guac

Makes: about 1 quart

Ingredients:

Extra virgin olive oil
1 cup sweet corn kernels (fresh or canned)
8 ounces chorizo sausage
1 jalapeno, roughly chopped (more as desired)
½ white onion, large-diced
10 cherry tomatoes, halved or quartered
Juice of 1 lime (about 2 tablespoons)
2 tablespoons fresh cilantro, roughly chopped
2 avocados
salt and pepper to taste



Directions:

Meanwhile, coat a sauté pan with one tablespoon of olive oil and add the sweet corn kernels. Cook over medium heat until charred, about 10 to 15 minutes, stirring often to prevent burning. Transfer the charred corn kernels to a plate. Keep the pan to use for the jalapeno and chorizo.

Add 2 tablespoons of olive oil to the pan and let it become hot over medium heat for 1 minute. Add the chopped jalapeno and reduce the heat to medium-low. Cook for 3 minutes, stirring often. Add the sliced chorizo and break it into large chunks as it cooks. Continue to cook over medium-low heat, stirring often, until the meat is browned and fully cooked, about 10 to 15 minutes. Remove from the burner and set aside.

In a large mixing bowl, add the onion, tomatoes, cilantro, lime juice, 1 tablespoon of olive oil, 1 teaspoon kosher salt and ½ teaspoon black pepper. Toss well to combine. Add the cooked chorizo/jalapeno mixture, including the oil from the pan and stir until well combined. Add the avocados by squeezing each half into the bowl – do not chop. Add the corn and gently toss to combine.

Taste the guac and add more cilantro, lime juice, raw jalapeño and seasoning, as desired. Serve with tortilla chips or as a topping for carnitas, tacos, quesadillas and burgers.

Sarah's Tips:

- Take time at the beginning to get everything ready to ensure a smooth cooking process. Chop the vegetables, measure the ingredients, set out required equipment, etc.
- Do not cut the avocados until ready to use, as they brown very quickly when exposed to air. Cut and add them just before serving.
- Excluding the avocados, the salsa can be prepared several hours in advance. Add the avocados just before serving.

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