

Cuban Pulled Pork



Ingredients

1 pork shoulder blade or shoulder butt roast, boneless, about 4 lb / 2 kg
Salt and ground black pepper
1 ½ cups / 375 mL sodium-reduced chicken broth
½ cup / 125 mL canola oil
¼ cup / 50 mL EACH fresh lemon and lime juice
½ cup / 125 mL fresh orange juice
5-6 cloves garlic, minced
3 green onions, thinly sliced
2 Tbsp / 30 mL dried oregano leaves
2 tsp / 10 mL sugar
1 tsp / 5 mL ground cumin
1 medium yellow onion, halved and thinly sliced
Chopped fresh cilantro for garnish

Directions

1. Place roast on cutting board. With sharp knife, slice into 6 large cubes. If desired, trim excess fat.
2. Season cubes with salt and pepper and place in large resealable plastic bag.
3. In 4-cup measuring cup, combine broth, oil and citrus juices. Pour over cubes.
4. Add garlic, green onions, oregano, sugar and cumin to bag. Seal bag. Massage to combine ingredients and coat cubes. Marinate in refrigerator 6-8 hours or overnight.
5. Remove cubes from refrigerator 1 hour before cooking to help bring meat to room temperature.
6. Preheat oven to 325°F.
7. Remove cubes from marinade and place in deep casserole or braising pan. Scatter onion slices around cubes.
8. Pour 1 cup marinade over cubes; discard remaining marinade. Cover and braise in oven for 2 ½ - 3 hours or until meat is tender and easily pulls apart.
9. Remove cubes from oven onto a clean plate. Let rest 5-10 minutes or until cubes are cool enough to handle.
10. Meanwhile, strain cooking liquid into a saucepan. If desired, include some of the onion.
11. Keep cooking liquid warm over medium-low heat.

12. With two forks, pull cubes into shreds; discard any unwanted fat.
13. Transfer shredded meat back to cooking vessel. Ladle warm cooking liquid over meat. Place under broiler for 6-8 minutes, or just until the top of the meat starts to brown.
14. Remove meat from oven. Garnish with cilantro.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 180
- **Number of Servings:** 8-10