MEXICAN · LUNCH · DINNER

Cochinita Pibil (Yucatan Achiote Slow-Roasted Pork)

Cochinita pibil

260 min · plus overnight marinating Serves 10 478 kcal a serve

Video 7:59 in Spanish · Jauja Cocina Mexicana

Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

36 g protein and only 8 g net carbs a serve from pork shoulder slow-roasted in an achiote, spice and citrus paste, with no added sugar or oil. Rich in selenium, zinc and vitamin B12.

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Ingredients 20 · SERVES 10

- [ ] 4½ lb **boneless pork shoulder** (espaldilla), fat left on, in large pieces
- [ ] 2 heaped tbsp ground achiote (annatto) powder
- [ ] ½ tsp **dried oregano**
- [ ] ½ tsp **cumin**
- [ ] 6 **allspice berries** (pimienta gorda)
- [ ] ¼ tsp **black peppercorns**
- [ ] ¼ **cinnamon** stick
- [ ] 2 **whole cloves**
- [ ] 10 **garlic** cloves
- [ ] ¼ **onion** (for the paste)
- [ ] 2½ tsp **salt** (for the achiote paste)
- [ ] 2 tbsp **water** for the paste, plus ½ cup water to steam the pot
- [ ] about 1 cup **fresh orange juice** (half of the homemade sour orange)
- [ ] about 1 cup **fresh lime juice** (the other half of the sour orange)
- [ ] 1 **red onion**, finely chopped (for the habanero salsa)
- [ ] 1–2 **habanero chillies**, finely chopped (for the salsa)
- [ ] ½ tsp **salt** (for the salsa)
- [ ] 1 **red onion**, thinly sliced (for the pickled onions)
- [ ] a pinch of **dried oregano** (for the pickled onions)
- [ ] ½ tsp **salt** (for the pickled onions)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make sour orange (naranja agria) by mixing equal parts fresh orange juice and fresh lime juice; you need about 2 cups in all. 1:10
2. For the red paste (recado rojo), grind the cumin, allspice, peppercorns, oregano, cinnamon and cloves, then the garlic and onion. Stir in the achiote and salt, then a splash of water and ¼–⅓ cup sour orange to a thick paste. 1:20
3. Rub the paste all over the pork, leaving the fat on for flavour. Loosen the leftover paste with ½–¾ cup sour orange and pour it over the meat. 2:34
4. Pass banana leaves over a hot pan or flame until they turn bright green and bendy. Line a lidded ovenproof pot with them, add the pork, fold the leaves over, cover and marinate in the fridge overnight. 3:48
5. Next day check the parcel, wrap it tightly again, pour ½ cup water around it for steam and cover well (add foil if the lid is loose). Bake at 350°F for about 3¾ hours. 4:32
6. While it cooks, make the habanero salsa: mix the chopped red onion and habanero with ½ tsp salt and ½ cup sour orange. 5:44
7. For the pickled onions, pour hot water over the sliced red onion, drain well, then toss with ½ cup sour orange, ½ tsp salt and a pinch of oregano. 6:14
8. The pork is ready when it falls apart at a touch of a spoon. Shred it into its juices and serve with the pickled onions and habanero salsa. 6:46

> **Tip** You need banana leaves (frozen at Latin or Asian grocers) or foil. Serves about 10 (our estimate from 4½ lb pork). Traditionally eaten in corn tortillas; lettuce cups keep the carbs down. Freezes well in its juices.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
478 kcal 2,000 kJ	**36 g** 72% of a day	**9.6 g** 8.1 g net · 4 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
1.4 g 5% of a day	**32 g** 12 g saturated 42% of a day	**920 mg** 40% of a day

Energy from net carbs 7% · protein 31% · fat 62% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 92% · Zinc 52% · Vitamin B12 50% · Vitamin B6 33% · Vitamin C 27%

Source of (10–19%) Potassium 14% · Iron 14% · Vitamin D 11%

Recipe and video: Jauja Cocina Mexicana (@JaujaCocinaMexicana) on YouTube — youtube.com/watch?v=ZilxvFMsuTw, published 12 November 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cochinita-pibil