CARIBBEAN · DINNER · LUNCH

Puerto Rican Pernil (Garlic Roast Pork Shoulder)

365 min · plus overnight marinating Serves 16 593 kcal a serve

Video 14:38 · Jeff and Jo's Puerto Rican Kitchen

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

Slow-roasted garlic pork shoulder with its crackling: about 46 g protein and just 1 g net carbs a serve, two-thirds of the energy from fat, and rich in selenium, zinc and vitamin B12.

Diet notes: Keto (1 g net carbs a serve).

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Ingredients 6 · SERVES 16

- [ ] 1 whole **pork shoulder** (picnic), bone-in and skin-on, 5 kg (the meat, fat and crisp skin are all eaten)
- [ ] 17 cloves **fresh garlic** (1½ per lb)
- [ ] about 2¾ tsp **fresh oregano leaves** (¼ tsp per lb)
- [ ] 2¾ tsp **salt** (¼ tsp per lb)
- [ ] 5½ tsp **adobo seasoning** (½ tsp per lb; the cook makes his own, mostly salt and garlic powder), plus a sprinkle for the skin
- [ ] 5½ tsp **olive oil** (½ tsp per lb)

Amounts in metric 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. Blend the garlic, adobo, oregano, salt and olive oil with the pulse button into a chunky, wet paste. (The cook uses 1½ garlic cloves, ¼ tsp each oregano and salt, and ½ tsp each adobo and oil per pound of pork.) 2:24
2. Turn the shoulder skin-side down, snip into the strip of skin and peel the skin and its fat layer off in one piece, cutting through the fat as you pull. Stab deep holes all over the meat on both sides. 4:24
3. Score the fatty underside of the skin in 2.5 cm cross-hatches so it can render. Push the paste deep into the holes, rub the rest over the meat and into the skin, lay the skin back on top, cover and refrigerate overnight (2 hours to 3 days works). 6:25
4. Pour about 2.5 cm of water into the roasting pan, seal tightly with heavy-duty foil and roast at 175 °C for 2 hours. Check there is still at least 1.5 cm of liquid, top up if needed, reseal and roast 2 hours more. 8:19
5. Raise the oven to 230 °C, uncover, scrape off any stuck bits and sprinkle a little adobo on the skin. Roast uncovered 40 minutes, then check every 15 minutes until the skin is rock-hard and thuds when tapped (about 1 hour 10 minutes in the video). 9:31
6. Cover loosely with foil and rest 15 minutes, then break the crackling into pieces and pull or cut the meat to serve. 10:46

> **Tip** Serves about 16 (our estimate); the crackling is counted in the nutrition. For a 1.8–2.3 kg half shoulder, roast 2 hours covered and 1 hour uncovered. Store-bought adobo is saltier than the cook's homemade blend, so use less salt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
593 kcal	46 g	1.2 g	0.1 g	44 g	890 mg
2,480 kJ	92% of a day	1 g net · 0 g sugars	1% of a day	16 g saturated	38% of a day
		0% of a day		56% of a day	

Energy from net carbs 1% · protein 32% · fat 67% — fits keto: 1 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 120% · Zinc 67% · Vitamin B12 66% · Vitamin B6 36%

Source of (10–19%) Iron 15% · Vitamin D 15% · Potassium 14% · Omega-3 10%

Recipe and video: Jeff and Jo's Puerto Rican Kitchen (@JeffandJosPuertoRicanKitchen) on YouTube — youtube.com/watch?v=1V6HIGf64bA, published 17 September 2020. 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/puerto-rican-pernil-crispy-cuerito