

# HOW TO INSTANT POT

## CARNITAS TWO WAYS (PORK / JACKFRUIT)

Servings: 6

### Ingredients

- 3 pounds boneless pork shoulder roast
- 2 tspn salt
- 2 tspn ground cumin
- 1 tspn crushed red pepper flakes
- 1 tspn dried oregano
- 1 medium orange
- 6 garlic cloves, peeled
- 1 large yellow onion, peeled and quartered
- 1 dried bay leaf

### Directions

- 1.) Grab your boneless pork shoulder roast, and cut it into 2 inch cubes.
- 2.) In a large bowl, mix pork with salt, cumin, red pepper flakes and oregano. Toss well to coat. Then, transfer the seasoned pork to the Instant Pot stainless steel bowl.
- 3.) Use a vegetable peeler to peel wide strips of zest off the orange. Stay close to the surface, making sure you don't peel into the white pith (because that stuff's bitter!). Add strips of orange zest to IP bowl, along with garlic, yellow onion and bay leaf.
- 4.) Cut the bald orange in half and juice it. Pour the juice into the IP, and stir the contents of the IP one more time.
- 5.) Place the lid on the IP and lock it. Make sure the pressure value is set to "Sealing". Press the "Manual" button and cook on high pressure for 35 minutes. Then, let the pressure release naturally (about 20 minutes).

(Recipe continues on the back)

- 6.) If the pressure hasn't completely released after 20 minutes, simply turn the pressure value to "Venting" to manually release the pressure.
- 7.) Open the lid and discard the garlic, onion, orange zest, and bay leaf. Taste for seasoning, and add salt, if needed.
- 8.) You can shred and serve the pork as-is, or store it in the fridge (with all the liquid/fat) for up to 4 days (or in the freezer for up to 3 months).

\*\*\*Side note: If you prefer crispy carnitas, simply follow these steps:

- 1.) Heat up a large cast iron skillet over medium heat with a tablespoon of your favorite cooking fat.
- 2.) Grab the pork out of the fridge and dig out the pieces of carnitas. Shred the meat up with your fingers.
- 3.) Once the pan is hot, add the pork and fry, stirring, occasionally, until it reaches your desired crispiness.