

Mexican Cochinita Pibil

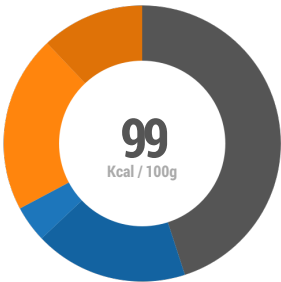
Mexican Style Barbecue Pulled Pork

By Mark Irish from Brakes

Overview ...



Cochinita Pibil




CALORIES:
22.2% Carbs
45% Protein
32.8% Fat

Food Labelling...


Serves **40**


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CONTAINS:


MUSTARD

MAY CONTAIN:


 CELERY


 SESAME


Recipe Ingredients ...	Quantity:	Description:
15904 Prime Meats British Pork Shoulder Roasting Joint - BRAKES	5kg	5x Each
114656 Brakes Chipotle Chilli Glaze - BRAKES	5kg	4x Each
10312 Large Oranges - BRAKES	1.44kg	5x Each
123174 Sweet & Sour Onion Pickles - BRAKES	4kg	4x Each


Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **386g** / **391kcal**

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Cooking Instructions & Notes

Method:

1. Zest and Juice the oranges and combine with the chilli glaze
2. Place the Pork into roasting trays and divide the marinade evenly over them and cover with foil
3. Allow to marinade in the fridge overnight
4. Cook the Pork for minimum 3 hours in a pre-heated 160°C oven
5. Remove the foil, baste the pork and increase the temperature to 180°C for 30 mins
6. Check the Pork is cooked enough to pull/shred
7. Allow to rest and either hand pull or shred with roasting forks or tongs
8. Serve with the onion pickle and any chosen accompaniments