

LA COCINA DE LESLIE

Celebrating food, family & life in Mexico.

Carnitas



Ingredients:

- 2 pounds *lomo de cerdo* (pork shoulder roast), cut in large pieces
- 1/2 medium onion
- 1 clove garlic
- Cilantro (optional)
- 2 tablespoons lard, shortening or vegetable oil
- 1/4 teaspoon ground cumin
- 1 orange, cut in half
- 1 cup pork or chicken broth

Directions:

Place the pork, onion, garlic and cilantro in a medium stockpot. Fill the stockpot with enough water to cover the pork (about 6 cups); season with salt and pepper. Cover the stockpot and bring the meat to a boil over high heat. Reduce to heat to medium-low and let simmer for about 90 minutes or until the meat is tender. Remove from heat.

In a large skillet heat the 2 tablespoons of lard or vegetable oil over medium-high heat. Remove the cooked pork with a slotted spoon and fry in the oil, stirring occasionally and breaking up the meat slightly with the back of a wooden spoon, until light golden brown. Squeeze the juice of the orange over the carnitas; season with ground cumin, salt, and pepper. Reduce heat to low and pour in 1 cup of the broth the meat was cooked in. Let simmer for 5 to 10 minutes.

Serve with ***Frijoles Adobados***, [Mexican Rice](#), ***Ensalada de Nopales*** and plenty of warm corn tortillas. Enjoy!

<http://www.lacocinadeleslie.com/2011/07/easy-carnitas.html>

