

Slow-Cooked Pork Al Pastor

Enjoy wonderful pork marinated in the sweet juices of a fresh pineapple, an easy one-pot recipe which is delicious and surprisingly simple to make. Prepare ingredients ahead in just 20 minutes and enjoy hours later. Moist and tender pork is perfect for sandwiches or on tacos.

Yield: About six to eight servings.

Timing: 20 minutes preparation and 8-10 hours in the Folding Proofer & Slow Cooker. If it is convenient, rotate the pork halfway through the cooking to ensure all flavors permeate both sides of the pork.

Ingredients	Volume	Grams	Ounces
Shallot flakes, dried	1 T	6	0.2
Salt, kosher	2½ tsp	15	0.53
Oregano, dried	2 tsp	1.2	0.13
Coriander, ground	1 tsp	2	0.02
Cumin seeds	1 tsp	2	0.03
Chipotle powder, to taste	½-1 tsp	4	0.09
Pineapple, whole	1	900	32
Pork shoulder, cut in half	3-4 lbs	1.5 kg	3-4 lbs
Garlic clove, sliced	2	12	0.4
Guajillo or New Mexico chile, seeded and cut in long strips	1	5.6	0.2
Onion, yellow, medium, sliced	1	227	8
Apple cider vinegar	¼ C	56	2

To Serve as Tacos	Volume	Grams	Ounces
Corn tortillas	12	238	8.4
Cilantro leaves, chopped	1 C	16	0.56
Limes, cut in wedges	2	200	7

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, metal 8-quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer & Slow Cooker product (FP-101) may also be used. Set the Proofer to 120 °F / 49 °C and place the metal stock pot directly on the base of the Proofer. Follow the recipe and check the internal temperature of the pork after 6 hours. Internal meat temperature should be at least 195 °F / 90 °C for tender pork.

Getting Ready. Remove the water tray and rack from the Proofer. Set the Slow Cook Mode and set the temperature to 195 °F / 90 °C.

Combining Spices with Pork. Whisk the first six ingredients together in a small bowl. Place the two pieces of pork shoulder in the stock pot with fat side down and sprinkle the spice mix evenly over the meat.

Preparing Pineapple. Place the pineapple on a large cutting board. Trim the top and bottom off the pineapple and discard. Stand the pineapple upright on the cutting board. Slice five or six strips lengthwise all around the exterior of the pineapple, just deep enough to remove most of the interior brown seed coverings. Set these pieces aside and reserve. Now halve the remaining pineapple lengthwise. Remove and discard the core. Cut the remaining pineapple fruit into cubes of 1-inch / 2.5 cm.

Add ingredients: Place the diced pineapple, chili pepper, garlic and onion slices, over the top of the pork in stock pot. Add apple cider vinegar around the sides, taking care not to wash spices off of the pork. Lay the reserved pineapple peels over the top with cut sides facing down.

Covering and Cooking. Cover the stock pot and place the pot directly on the center of the aluminum heating plate in the Proofer. Be sure the water tray and rack have been removed from the Proofer. Close the Proofer and allow the pork to cook for a total of 8-10 hours. If convenient, turn the pork over halfway during the slow cook process to ensure both sides of the pork will be moist and immersed in flavor. After 6 hours, check the interior of the pork with a thermometer. Continue to cook until the meat reaches a temperature of 195 °F / 90 °C. The results will be tender, juicy, and fully cooked pork which pulls apart easily.

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.

Serving. Discard pineapple skins. Remove pork and transfer to a large platter with cooked onions and pineapple to the side. Gently pull the pork apart, discarding any fat. Season with flaky salt, if desired, and serve on corn tortillas with cilantro and lime wedges.

Optional Serving

After removing meat, onions and pineapple cubes, strain the remaining broth through a colander into a bowl. Cool the strained broth in the refrigerator. *Note: A fast way to cool the broth is to set the bowl of broth in a large bowl of ice cubes.*

When the broth is cold, the fat will harden. Remove fat from the top of the broth and discard. Return the broth to a saucepan and simmer uncovered until the liquid is reduced by half, about 7-10 minutes. Add the shredded pork, onions, and cooked pineapple pieces to a saucepan. Stir gently to heat thoroughly. Serve with rice.