

CARNITAS

Carnitas is the name we give to a delicious type of braised or roasted pork dish, usually made with pork shoulder with bone and skin, pork back fat, rib, chuck, lean meat, and thick skin with meat. You can also include for a better flavor: liver, kidneys and other underutilized parts of the animal.

In general, we can say that carnitas are pork meat fried in pork fat. But what makes them special is the way they are cooked and also what is added to them while cooking and when serving them.



The traditional herbs for making Michoacan carnitas are bay leaf, thyme and marjoram, which we call “Hierbas de Olor” (Herbs that smell). It is better if you add the herbs inside a cloth bag so you only get the flavor but not the herbs. In Mexico, if you ask for Hierbas de Olor in a store, they will generally give you the three herbs tied up together.

Some people of other regions of Mexico add their own special seasoning to this dish using ingredients like black pepper, garlic, chicken broth, Coke, orange juice, and/or beer. They add some ingredients...specifically Coke, orange juice and beer...because they not only give the carnitas their distinctive golden-brownish color, but they also help tenderize the meat. However, if you follow the traditional recipe from Michoacan, they will still get that color, but a slightly different taste.

Michoacan is famous across Mexico for its carnitas, and people there have been preparing the dish in their traditional way for generations.

The Michoacan technique for cooking carnitas starts with a copper pot

ELENA'S Version

Pork shoulder/ pork butt cut 3" Pieces

Kosher salt

black pepper, onion powder, Garlic powder, Garlic cloves

Lime juice, Orange juice & Orange peels

Lard

White onion

dried mexican oregano, bay leaves