

# Vitality IP - Recipe Collection

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## *Complete Recipe Collection*

Achiote Pork with Sour Orange and  
Charred Citrus Salsa

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Roasted Lamb Shoulder with Chiles,  
Garlic & Sweet Onions

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Slow-Baked Achiote Pork with Sour  
Orange & Tomato Relish

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Sour Orange Marinated Pork with  
Achiote and Fire-Roasted Peppers

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Spicy Lamb Stew with Garlic and Onions

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# Achiote Pork with Sour Orange and Charred Citrus Salsa

*Lean pork tenderloin is marinated in a vivid achiote–sour orange recado, then seared and roasted until just rosy and juicy. A charred citrus salsa brings smoky brightness with orange, lime, jalapeño, and cilantro—classic Mexican regional balance of earthy spice and punchy acid. The dish is light yet satisfying, uses whole ingredients, and keeps oil modest for a healthier plate without losing flavor.*

## Recipe Info

<b>Servings:</b> 4	<b>Prep Time:</b> 15 minutes	<b>Cook Time:</b> 50 minutes
<b>Total Time:</b> 1 hour 55 minutes	<b>Course:</b> Entree	<b>Cuisine/Theme:</b> Mexican Regional (Yucatán-inspired)
<b>Primary Protein:</b> Pork	<b>Cooking Method:</b> Marinated, Pan-Seared/Sauteed, Roasted	<b>Complexity:</b> Intermediate
<b>Weight:</b> Medium	<b>Flavor Profile:</b> Savory/Umami, Tangy/Acidic	<b>Seasonality:</b> Year-Round
<b>Temperature:</b> Hot		

# Sub-Recipes

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*Prepare these components first*

## Achiote Sour Orange Marinade

### Ingredients

**60 grams / 4 tablespoons** Achiote (annatto) paste *(Store-bought paste for convenience)*

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**30 grams / 2 tablespoons** Avocado or extra-virgin olive oil

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**120 grams / 120 milliliters** Sour orange juice *(If unavailable, use 2 parts fresh orange juice + 1 part fresh lime juice)*

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**15 grams / 1 tablespoons** Apple cider vinegar

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**20 grams / 4 cloves** Garlic cloves, minced

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**5 grams / 1 teaspoons** Ground cumin

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**2 grams / 1 teaspoons** Dried Mexican oregano, crushed

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**1 grams / 0.25 teaspoons** Ground allspice *(Optional)*

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**10 grams** Sea salt, fine

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**2 grams / 0.50 teaspoons** Black pepper, ground

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**1 grams / 0.25 teaspoons** Chipotle or árbol chile powder *(Optional, for heat)*

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### Instructions

## Bloom the achiote

Warm the oil in a small pan over low heat until it shimmers. Add the achiote paste and mash for 30–60 seconds until the oil turns vivid red and smells earthy-nutty. Do not let it brown or smoke—if it does, start over to avoid bitterness.

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 **3 minutes active**  Small saucepan, Heatproof spatula

## Finish the marinade

Off the heat, whisk in sour orange juice, vinegar, garlic, cumin, oregano, allspice, salt, pepper, and chile powder until smooth. The marinade should thinly coat the back of a spoon and smell bright and citrusy with warm spice. Cool to room temperature before using with meat to avoid partial cooking.

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 **5 minutes active / 10 minutes total**  Whisk, Mixing bowl, Measuring cups and spoons

## Charred Citrus Salsa

### Ingredients

**500 grams / 2 pieces** Oranges

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**70 grams / 1 piece** Lime

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**80 grams / 0.50 cups** Red onion, finely chopped

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**15 grams / 1 small** Jalapeño, minced (seed to taste)

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**10 grams / 0.50 cups** Fresh cilantro, chopped

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**15 grams / 1 tablespoons** Extra-virgin olive oil

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**30 grams / 2 tablespoons** Fresh sour orange or lime juice (*Adjust to taste for brightness*)

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**4 grams / 0.75 teaspoons** Sea salt, fine

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**5 grams / 1 teaspoons** Honey *(Optional, only if salsa tastes overly bitter)*

## Instructions

### Char the citrus

Wash oranges and lime under running water and dry. Halve them. Preheat a grill pan (medium-high) or broiler. Lightly oil the cut faces and place cut side down until the edges blister and the flesh browns in spots and smells smoky-sweet; juices should sizzle. Avoid black, acrid patches.

🕒 **8 minutes active / 12 minutes total**

🔪 Grill pan or broiler, Tongs, Paper towels, Brush or spoon for oil

### Chop and season

When cool enough to handle, cut away any tough pith, roughly chop the citrus (catching all juices), and remove seeds. Combine with red onion, jalapeño, cilantro, olive oil, and citrus juice. Season with salt and taste: it should be bright, juicy, and lightly bitter with a clean citrus pop; add a small drizzle of honey only if needed. Keep chilled until serving.

🕒 **10 minutes active**   🔪 Chef's knife, Cutting board, Mixing bowl, Spoon

## Main Recipe

### Ingredients

**800 grams / 2 pieces** Pork tenderloin *(2 small tenderloins, trim silver skin (about 350–450 g each))*

**15 grams / 1 tablespoons** Avocado oil (for searing)

**2 grams / 0.50 teaspoons** Flaky sea salt, for finishing (*Optional*)

## Instructions

### Marinate the pork

Prepare the Achiote Sour Orange Marinade (see sub-recipe). Pat the pork dry, then place in a shallow dish or zipper bag. Reserve 2 tablespoons of the finished marinade in a clean bowl before touching raw pork. Pour the remaining marinade over the pork, turn to coat, and massage it in so the surface is evenly stained brick-red. Cover and refrigerate 30 minutes up to overnight; rotate once for even contact. For food safety, keep chilled during the soak, and wash hands, board, and tools after handling raw pork. Pull the pork from the fridge 20 minutes before cooking so the chill comes off; surface should feel tacky, not wet.

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 **10 minutes active / 1 hour total**

 Cutting board, Chef's knife, Measuring spoons, Mixing bowl, Zipper bag or shallow dish, Refrigerator

### Make the Charred Citrus Salsa

Wash all fruits and vegetables thoroughly under running water and dry well. Halve the citrus and preheat a grill pan or broiler; lightly oil the cut sides. Char the citrus cut side down until the edges blister, the flesh smells smoky-sweet, and juices sizzle in the pan—deep brown spots are good but avoid burning. Let cool until warm, then chop the citrus segments, catching juices. Mix with onion, jalapeño, cilantro, olive oil, and juice; season with salt. The salsa should be juicy, bright, and lightly bitter with a fresh citrus aroma; add a small pinch of honey only if it tastes harshly bitter.

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 **15 minutes active / 20 minutes total**

 Grill pan or broiler, Tongs, Chef's knife, Citrus juicer, Mixing bowl, Spoon

## Sear and roast

Heat the oven to 425°F (220°C). Heat an oven-safe skillet over medium-high with the avocado oil until it shimmers and a drop of marinade sizzles on contact. Lift the pork from the marinade, letting excess drip off; discard used marinade. Sear all sides until a deep mahogany crust forms and the surface is fragrant and lightly sticky, about 1–2 minutes per side. Transfer the skillet to the oven and roast until the thickest part feels springy (not firm) and juices run clear with a faint pink sheen; an instant-read thermometer should read 145°F minimum. Brush with the reserved clean marinade in the last 2 minutes to glaze. Rest on a board 5–10 minutes; the juices should settle and meat look slightly rosy.

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 **10 minutes active / 30 minutes total**

 Oven, Oven-safe skillet, Tongs, Instant-read thermometer, Brush (for glaze)

## Slice and serve

Slice the pork against the grain into 1 cm medallions; they should be juicy with a pale pink center and clear juices. Spoon charred citrus salsa over the top and finish with a pinch of flaky salt. Serve hot with simple sides like black beans or crisp cabbage salad if you like.

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 **5 minutes active**    Cutting board, Chef's knife, Serving platter

# Roasted Lamb Shoulder with Chiles, Garlic & Sweet Onions

*Bone-in lamb shoulder is rubbed with a vibrant dried-chile and citrus paste, roasted low and slow over sweet onions, and finished with a bright herb-lime salsa. The dish leans into Mexican pantry staples—guajillo and ancho chiles, garlic, and citrus—for a Latin spice-bright profile that’s savory, tangy, and gently smoky. Healthy swaps include extra-virgin olive oil, plenty of onions, and a fresh herb finish to balance richness without heavy dairy.*

## Recipe Info

<b>Servings:</b> 4	<b>Prep Time:</b> 45 minutes	<b>Cook Time:</b> 3 hours 45 minutes
<b>Total Time:</b> 8 hours 5 minutes	<b>Course:</b> Entree	<b>Cuisine/Theme:</b> Mexican
<b>Primary Protein:</b> OtherMeats	<b>Cooking Method:</b> Marinated, Roasted, Braised	<b>Complexity:</b> Intermediate
<b>Weight:</b> Medium	<b>Flavor Profile:</b> Savory/Umami, Tangy/Acidic, Spicy	<b>Seasonality:</b> Year-Round
<b>Temperature:</b> Hot		



# Sub-Recipes

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*Prepare these components first*

## Citrus-Chile Paste

### Ingredients

**30 grams / 6 pieces** Dried guajillo chiles, stemmed and seeded

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**20 grams / 2 pieces** Dried ancho chiles, stemmed and seeded

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**18 grams / 6 cloves** Garlic cloves, smashed (*Crush and let rest 5–10 minutes to develop allicin before blending*)

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**5 grams / 2 teaspoons** Ground cumin

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**4 grams / 1.50 teaspoons** Ground coriander

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**2 grams / 1 teaspoon** Mexican oregano, dried

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**4 grams / 2 teaspoons** Smoked paprika

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**120 grams / 120 milliliters** Fresh orange juice

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**30 grams / 30 milliliters** Fresh lime juice

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**15 grams / 15 milliliters** Apple cider vinegar

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**41 grams / 45 milliliters** Extra-virgin olive oil

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**12 grams / 2 teaspoons** Kosher salt

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**500 grams / 500 milliliters** Hot water (for soaking chiles) (*For soaking; you will discard most of it*)

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### Instructions

## Toast the chiles

Heat a dry skillet over medium. Toast the guajillo and ancho pieces in batches, pressing with a spatula until they turn fragrant, slightly darken, and feel pliable—about 10–20 seconds per side. Do not let them blacken; bitter spots mean they’ve gone too far. Wear gloves to avoid chile oils on skin.

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 **5 minutes active / 8 minutes total**  Skillet, Spatula, Tongs, Gloves (recommended)

## Soak until supple

Transfer toasted chiles to a bowl and cover with hot water. Weight them down with a small plate so they stay submerged. Soak until soft and the edges no longer crack when bent, about 15 minutes. Drain, reserving a few tablespoons of soaking liquid in case you need to thin the paste.

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 **2 minutes active / 15 minutes total**  Heatproof bowl, Small plate, Strainer

## Blend the paste

In a blender, combine soaked chiles, rested garlic, cumin, coriander, Mexican oregano, smoked paprika, orange juice, lime juice, vinegar, olive oil, and salt. Blend, scraping down as needed, until very smooth and brick-red. The paste should flow slowly off a spoon and look glossy; add 1–3 tablespoons chile soaking liquid if too thick. Keep refrigerated and use within 5 days.

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 **8 minutes active / 10 minutes total**  Blender, Rubber spatula, Measuring spoons/cups

## Herb-Lime Salsa

### Ingredients

**20 grams / 1 cup, loosely packed** Fresh cilantro (leaves and tender stems)

**8 grams / 0.50 cup, loosely packed** Fresh mint leaves

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**12 grams / 1 medium pepper** Jalapeño, seeded for milder heat

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**20 grams / 0.50 medium shallot** Shallot (or red onion), finely chopped

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**2 grams / 1 teaspoon** Fresh lime zest

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**30 grams / 30 milliliters** Fresh lime juice

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**27 grams / 30 milliliters** Extra-virgin olive oil

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**10 grams / 10 milliliters** Apple cider vinegar

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**6 grams / 5 milliliters** Honey (optional, to round heat)

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**4 grams / 0.75 teaspoon** Sea salt



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## Instructions

### Chop and mix

Rinse herbs and jalapeño under running water and pat dry. Finely chop cilantro and mint (avoid over-processing to keep it bright), mince the jalapeño, and combine with shallot, lime zest, lime juice, olive oil, vinegar, honey (if using), and salt. Stir until it looks glossy and spoonable. Taste: it should be fresh, zippy, and slightly tangy with gentle heat; adjust salt or lime as needed.

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 **10 minutes active**  Cutting board, Chef's knife, Mixing bowl, Spoon

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# Main Recipe

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## Ingredients

**1800 grams** Bone-in lamb shoulder, trimmed of excess hard fat (*About 1 lamb shoulder, bone-in*)

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**10 grams / 2 teaspoons** Kosher salt (for seasoning lamb)

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**4 grams / 1 teaspoon** Freshly ground black pepper

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**600 grams / 2 large onions** Sweet onions, thickly sliced (about 1.25 cm/1/2-inch)

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**500 grams / 500 milliliters** Low-sodium chicken stock (or water)

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**1 grams / 2 pieces** Bay leaves

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**13.50 grams / 15 milliliters** Extra-virgin olive oil (for searing)

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## Instructions

### Season and marinate the lamb

Pat the lamb dry with paper towels and sprinkle all over with the kosher salt and black pepper. Reserve 2–3 tablespoons of the Citrus-Chile Paste in a clean bowl for finishing (to avoid cross-contamination), then massage the remaining paste over the lamb, getting into crevices. Place in a nonreactive dish, cover, and refrigerate 4 hours (up to overnight). Keep raw lamb and its marinade separate from other foods; wash hands, boards, and tools in hot, soapy water after handling. The paste should cling in a thin, even layer and look brick-red and glossy.

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 **15 minutes active / 4 hours total**

 Paper towels, Cutting board, Nonreactive baking dish or pan, Gloves (optional, for chile handling), Plastic wrap or lid

## Sear lamb and onions

Heat a heavy Dutch oven over medium-high until the oil shimmers. Lay the onion slices in the pot and cook just until the edges take on spotty char and the surfaces turn translucent-sweet. Push onions to the sides and sear the lamb on all sides until a deep mahogany crust forms and it releases easily from the pot, 2–4 minutes per side. The pot should smell toasty—not acrid—and the fond (brown bits) should be dark but not burnt.

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🕒 **15 minutes active / 20 minutes total**

🔧 Dutch oven (oven-safe with lid), Tongs, Stovetop, Wooden spoon

## Roast low and slow

Nestle the lamb on the onions, add bay leaves, pour in the stock, and spoon in 2 tablespoons of the reserved clean Citrus-Chile Paste. Liquid should come 2–3 cm up the sides. Cover tightly and roast at 325°F/165°C until the lamb is fork-tender, the bone wiggles easily, and the onions have slumped into a jammy bed, about 2.5–3 hours depending on size and oven. Check once midway; if the pot looks dry, add a splash of water. Doneness cue: a fork twists in the shoulder with little resistance and juices run clear, not cloudy.

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🕒 **10 minutes active / 3 hours total** 🔧 Oven preheated to 325°F/165°C, Dutch oven with lid, Ladle

## Uncover to caramelize and reduce

Remove the lid, increase oven to 425°F/220°C, and roast until the top is lightly caramelized and the juices reduce to a spoon-coating consistency. Baste once or twice with the pan juices. Visual cue: the surface glistens with small bubbling fat, edges are lacquered, and the liquid looks glossy and slightly syrupy, not watery.

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🕒 **5 minutes active / 25 minutes total** 🔧 Oven, Basting spoon

## Rest, finish, and serve

Transfer lamb to a board and rest 10–15 minutes so the fibers relax and juices redistribute. Spoon excess fat from the pot (save for roasting vegetables later if desired) and stir in the remaining reserved clean Citrus-Chile Paste to brighten the jus; simmer briefly if needed until it lightly coats the back of a spoon. Pull the lamb into large chunks or slice against the grain. Taste the onions and jus; adjust salt and acid with a squeeze of lime if desired. Serve hot over the sweet onions with Herb-Lime Salsa spooned on top. Wash any produce (limes, herbs) under running water before zesting or chopping.

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 **10 minutes active / 20 minutes total**

 Cutting board, Chef's knife, Fat separator or spoon, Small saucepan (optional, for quick simmer), Serving platter

# Slow-Baked Achioté Pork with Sour Orange & Tomato Relish

*This slow-baked pork brings together earthy achioté and the bright acidity of sour orange, a combination loved across Latin American kitchens. The pork is marinated for deep color and savoriness, then baked low and slow until fork-tender and juicy. A fresh tomato relish with sour orange, cilantro, and jalapeño cuts through the richness for a clean, lively finish that matches the Latin Spice-Bright flavor profile. The recipe uses wholesome ingredients, extra-virgin/avocado oils, and minimal sweetener for a balanced, health-minded entree.*

## Recipe Info

<b>Servings:</b> 4	<b>Prep Time:</b> 35 minutes	<b>Cook Time:</b> 4 hours
<b>Total Time:</b> 12 hours 50 minutes	<b>Course:</b> Entree	<b>Cuisine/Theme:</b> Latin American Heritage
<b>Primary Protein:</b> Pork	<b>Cooking Method:</b> Baked, Braised, Marinated, Reduced	<b>Complexity:</b> Intermediate
<b>Weight:</b> Medium	<b>Flavor Profile:</b> Savory/Umami, Tangy/Acidic, Mild	<b>Seasonality:</b> Year-Round
<b>Temperature:</b> Hot		

# Sub-Recipes

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*Prepare these components first*

## Achiote Sour Orange Marinade

### Ingredients

**60 grams** Achiote (annatto) paste

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**27 grams / 30 milliliters** Avocado oil *(For blooming the achiote)*

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**180 grams / 180 milliliters** Fresh sour orange juice *(If unavailable, use 2 parts orange juice + 1 part lime juice)*

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**30 grams / 30 milliliters** Fresh lime juice

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**15 grams / 15 milliliters** Apple cider vinegar *(Adds brightness and balances bitterness)*

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**20 grams / 4 cloves** Garlic cloves, roughly chopped

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**4 grams / 2 teaspoons** Ground cumin

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**2 grams / 1 teaspoon** Dried oregano (Mexican if available)

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**1 grams / 0.50 teaspoon** Ground cinnamon *(Warm background note)*

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**0.50 grams / 0.25 teaspoon** Ground clove

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**2 grams / 0.50 teaspoon** Freshly ground black pepper

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### Instructions



## Bloom the achiote

Warm the avocado oil over low heat until it shimmers. Stir in the achiote paste and cook 30–60 seconds, stirring, until the oil turns bright brick-red and smells earthy—do not let it smoke or darken. This releases color and aroma.

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 **3 minutes active**  Small saucepan or skillet, Heatproof spatula, Stovetop

## Blend

Add the bloomed achiote oil to a blender with sour orange juice, lime juice, vinegar, garlic, cumin, oregano, cinnamon, clove, and black pepper. Blend until completely smooth and emulsified; the marinade should look glossy and pourable with no gritty bits.

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 **5 minutes active**  Blender, Measuring cups/spoons

## Cool

Let the marinade cool until it's no warmer than room temperature so it doesn't start cooking the pork on contact.

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 **1 minute active / 10 minutes total**  Heatproof container, Counter space

## Sour Orange & Tomato Relish

### Ingredients

**300 grams** Cherry tomatoes, halved

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**80 grams** Red onion, finely diced

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**15 grams / 1 pepper** Jalapeño, seeded if desired, finely chopped

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**15 grams / 0.50 cup** Fresh cilantro, chopped

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**45 grams / 45 milliliters** Fresh sour orange juice

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**15 grams / 15 milliliters** Fresh lime juice

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**13.50 grams / 15 milliliters** Extra-virgin olive oil

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**7 grams / 1 teaspoon** Honey (*Balances sour orange's bitter edge*)

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**3 grams / 0.50 teaspoon** Sea salt

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**1 grams / 0.25 teaspoon** Freshly ground black pepper

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## Instructions

### Prep the vegetables

Wash tomatoes, cilantro, jalapeño, and lime under running water. Halve the tomatoes, finely dice the red onion, and finely chop the jalapeño and cilantro. The tomatoes should look juicy but still hold their shape.

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 **10 minutes active**  Colander, Cutting board, Chef's knife

### Mix and macerate

In a bowl, combine tomatoes, onion, jalapeño, cilantro, sour orange juice, lime juice, olive oil, honey, salt, and pepper. Toss until the juices look slightly glossy and begin to pool. Let stand 10 minutes so the onions soften and the dressing lightly thickens and clings.

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 **5 minutes active / 15 minutes total**  Mixing bowl, Spoon

## Taste and chill

Taste and adjust—add a pinch more salt for pop, or a touch of honey if it's too sharp. Chill until serving. The relish should taste bright and refreshing with a clean citrus finish.

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 **2 minutes active**  Refrigerator, Spoon

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## Main Recipe

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### Ingredients

**1200 grams / 1 piece** Pork shoulder, boneless (trimmed of excess surface fat) *(Shoulder (butt) for shredding tenderness)*

**12 grams / 2 teaspoons** Kosher salt *(For seasoning the pork surface)*

**4 grams / 1 teaspoon** Freshly ground black pepper

**240 grams / 240 milliliters** Low-sodium chicken stock or water *(Moisture for the bake)*

**100 grams / 2 large sheets** Banana leaves or heavy-duty foil *(Banana leaves add aroma; foil works too)*

**1 grams / 2 leaves** Bay leaves

### Instructions

## Trim and season the pork

Pat the pork dry with paper towels. Trim only thick exterior fat so the meat stays moist but not greasy. Season all sides evenly with kosher salt and black pepper. Use separate cutting boards for raw pork and vegetables, and wash hands and tools after handling raw meat.

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 **10 minutes active**  Cutting board, Chef's knife, Paper towels, Small bowl

## Marinate

Place the seasoned pork in a nonreactive dish or zip-top bag and pour over the Achiote Sour Orange Marinade (see sub-recipe). Press out air so the meat is well-coated. Refrigerate 8 hours or overnight. The surface should stain a deep brick-red and smell citrusy-garlicky when ready.

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 **5 minutes active / 8 hours total**  Zip-top bag or glass dish, Refrigerator

## Set up for slow baking

Heat the oven to 300°F (150°C). Line a Dutch oven with banana leaves or foil, letting some overhang to wrap over the top. Add the stock to the pot, then nestle in the marinated pork and pour in any excess marinade. Tuck in bay leaves. Wrap leaves/foil over the pork and cover with the lid to trap moisture.

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 **10 minutes active / 20 minutes total**  Oven, Dutch oven with lid, Tongs

## Slow-bake until fork-tender

Bake covered until the pork is very tender. Check toward the end: a fork should slide in with little resistance and the meat should shred easily with a twist; juices should run clear and glossy with an orange-red tint. For shreddable shoulder, the internal temperature should reach about 195–205°F (90–96°C) for collagen to break down.

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 **10 minutes active / 3 hours 30 minutes total**  Oven, Instant-read thermometer, Oven mitts

## Rest, shred, and glaze

Let the pork rest, covered, for 15 minutes so juices redistribute. Transfer to a sheet pan and shred with two forks, discarding bay leaves. Skim excess fat from the pot juices, then simmer the juices on the stovetop until slightly syrupy and they coat the back of a spoon. Fold enough reduction into the pork to make it glossy and juicy. Optional: spread the pork in an even layer and broil briefly until edges are sizzling and lightly crisp for extra texture.

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 **15 minutes active / 30 minutes total**

 Sheet pan, Forks or meat claws, Saucepan or the Dutch oven base, Stovetop, Spoon, Broiler (optional)

## Make relish and serve

While the pork bakes, prepare the Sour Orange & Tomato Relish (see sub-recipe). Wash produce under running water before cutting. Serve the hot, shredded pork piled on plates with a generous spoonful of the cool, bright relish. The contrast should be savory and citrusy with a clean, fresh snap from the tomatoes and jalapeño.

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 **10 minutes active / 20 minutes total**

 Mixing bowl, Spoon, Serving plates

# Sour Orange Marinated Pork with Achiote and Fire-Roasted Peppers

*Lean pork tenderloin gets a vibrant sour orange–achiote marinade that stains the meat a deep brick red and keeps it juicy. Fire-roasted peppers and red onion bring sweet smokiness, while a quick sherry vinegar finish adds the bright, tangy snap common across Spanish–Latin cooking. It’s a fresh, citrus-forward, spice-bright entrée with olive oil, herbs, and plenty of vegetables for a lighter, health-conscious plate.*

## Recipe Info

<b>Servings:</b> 4	<b>Prep Time:</b> 18 minutes	<b>Cook Time:</b> 1 hour 14 minutes
<b>Total Time:</b> 3 hours 22 minutes	<b>Course:</b> Entree	<b>Cuisine/Theme:</b> Spanish-Latin Fusion
<b>Primary Protein:</b> Pork	<b>Cooking Method:</b> Marinated, Pan-Seared/Sauteed, Roasted, Reduced	<b>Complexity:</b> Intermediate
<b>Weight:</b> Medium	<b>Flavor Profile:</b> Savory/Umami, Tangy/Acidic, Spicy	<b>Seasonality:</b> Year-Round
<b>Temperature:</b> Hot		

## Main Recipe

# Ingredients

**700 grams / 2 pieces** Pork tenderloin, trimmed *(Two small tenderloins, silver skin removed)*

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**30 grams / 2 tablespoons** Achioté (annatto) paste *(Use paste for ease; if using seeds, grind to a paste)*

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**54 grams / 4 tablespoons** Extra-virgin olive oil, divided *(2 tbsp for marinade (bloom), 1 tbsp for searing, 1 tbsp for peppers)*

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**20 grams / 5 cloves** Garlic cloves, minced

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**120 grams / 0.50 cups** Sour orange juice (naranja agria) *(If unavailable, use 1/3 cup fresh orange juice + 3 tbsp fresh lime juice)*

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**30 grams / 2 tablespoons** Fresh lime juice

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**2 grams / 1 teaspoons** Lime zest (from 1 lime)

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**5 grams / 2 teaspoons** Ground cumin

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**2 grams / 2 teaspoons** Dried oregano (preferably Mexican)

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**12 grams / 2 teaspoons** Kosher salt *(Divided; season to taste)*

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**2 grams / 1 teaspoons** Freshly ground black pepper

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**7 grams / 1 teaspoons** Honey (optional, to balance bitterness)

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**450 grams / 2 large peppers** Red bell peppers

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**150 grams / 1 medium** Red onion

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**30 grams / 2 tablespoons** Sherry vinegar

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**15 grams / 1 small pepper** Jalapeño, thinly sliced (optional)

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**15 grams / 0.50 cups** Fresh cilantro (leaves and tender stems), chopped

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# Instructions

## Bloom achiote and build the marinade

Wash citrus under running water before juicing. Warm 2 tablespoons olive oil in a small skillet over medium until it shimmers. Stir in the achiote paste and cook 30–45 seconds, stirring, just until the oil turns vivid brick red and smells earthy—do not let it darken or smoke. Add the minced garlic and cook 30 seconds until fragrant but not browned. Transfer to a blender; add sour orange juice, lime juice, cumin, oregano, 1 teaspoon kosher salt, black pepper, and honey (if using). Blend until smooth and emulsified; the marinade should be tangy, aromatic, and brightly colored.

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 **12 minutes active**

 small skillet, blender, spatula, knife, cutting board, citrus juicer, measuring spoons

## Marinate the pork

Pat the trimmed pork dry. Reserve about 1/3 cup of the marinade in a covered container for a cooked sauce later—keep it separate and refrigerate. Place pork and remaining marinade in a zipper bag or shallow dish, coat all sides, and refrigerate 2–12 hours. Set the bag on a tray to prevent leaks. Food safety: keep the pork chilled and never serve the raw marinade; the reserved portion will be boiled before using.

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 **10 minutes active / 2 hours total**  zip-top bag or shallow dish, tray, refrigerator, paper towels

## Fire-roast peppers and onion

Wash peppers and onion. For broiler: set rack near the top and preheat broiler. Place whole peppers and onion wedges on a sheet pan. Broil, turning with tongs, until skins are blistered and mostly black and the flesh feels softened when pressed with tongs. For gas flame: roast directly over the flame, turning, until evenly charred and tender. Transfer to a bowl and cover 10 minutes to steam; this loosens skins. Peel off charred skins, remove seeds and cores, and slice peppers into strips; slice onion into thick crescents. Toss with 1 tablespoon olive oil, 1 tablespoon sherry vinegar, a pinch of salt, and half the cilantro. The vegetables should taste sweet-smoky with tender but intact texture.

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 **20 minutes active / 30 minutes total**  broiler or gas burner, sheet pan, tongs, mixing bowl, knife



## Sear and roast the pork

Heat oven to 400°F (200°C). Remove pork from marinade and let excess drip off; pat lightly so surfaces are dry—this helps a good crust. Heat 1 tablespoon olive oil in an oven-safe skillet over medium-high until it shimmers. Sear pork, turning, until all sides develop a deep mahogany crust and the edges look lightly caramelized. Move the skillet to the oven and roast until the center feels springy, juices run mostly clear, and an instant-read thermometer in the thickest part registers 145°F (63°C). Rest on a board 5–10 minutes so the juices settle.

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 **12 minutes active / 25 minutes total**

 oven, oven-safe skillet, tongs, instant-read thermometer, cutting board

## Reduce the reserved marinade into a sauce

Pour the reserved marinade into a small saucepan and bring to a rolling boil over medium-high. Boil 1–2 minutes, stirring, until slightly thickened, glossy, and it coats the back of a spoon with a thin film—no raw garlic smell should remain. Stir in 1 tablespoon sherry vinegar and any pork roasting juices from the skillet to taste; the sauce should be tangy, savory, and lightly syrupy.

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 **5 minutes active / 7 minutes total**  small saucepan, spoon, heatproof measuring cup

## Slice and serve

Slice pork across the grain into 1/2-inch medallions; the centers should show a faint blush with clear juices. Fan onto a warm platter, spoon over the reduced sauce, and pile the fire-roasted peppers and onion alongside. Scatter remaining cilantro and the lime zest, add jalapeño for heat if desired, and finish with a small splash of sherry vinegar or a squeeze of lime to brighten. Taste and adjust salt at the table.

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 **8 minutes active**  chef's knife, serving platter, tongs

# Spicy Lamb Stew with Garlic and Onions

*A warming Middle Eastern-style lamb stew layered with garlic, onions, and aromatic spices. The flavors lean Mediterranean: cumin, coriander, paprika, and a touch of cinnamon bloom in olive oil, tomatoes, and pomegranate molasses for depth and gentle sweetness. Chickpeas and fresh herbs add fiber and brightness. Finished with lemon and optional herby yogurt, this dish is bold yet balanced, nourishing, and easy to make with pantry-friendly ingredients.*

## Recipe Info

<b>Servings:</b> 4	<b>Prep Time:</b> 17 minutes	<b>Cook Time:</b> 2 hours 49 minutes
<b>Total Time:</b> 3 hours 14 minutes	<b>Course:</b> Entree	<b>Cuisine/Theme:</b> Middle Eastern Mezze
<b>Primary Protein:</b> OtherMeats	<b>Cooking Method:</b> Braised, Pan-Seared/Sauteed, Reduced	<b>Complexity:</b> Intermediate
<b>Weight:</b> Medium	<b>Flavor Profile:</b> Savory/Umami, Spicy, Tangy/Acidic	<b>Seasonality:</b> Year-Round
<b>Temperature:</b> Hot		

# Sub-Recipes

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*Prepare these components first*

## Herb-Lemon Yogurt (Optional)

### Ingredients

**170 grams / 0.75 cups** Greek yogurt (whole milk)

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**10 grams / 2 teaspoons** Extra-virgin olive oil

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**2 grams** Lemon zest (*From about 1/2 lemon*)

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**10 grams / 2 teaspoons** Fresh lemon juice

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**6 grams** Fresh mint, finely chopped

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**6 grams** Fresh parsley, finely chopped

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**2 grams** Kosher salt

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### Instructions

#### Mix and chill

In a bowl, whisk yogurt with olive oil, lemon zest, and lemon juice until smooth and thick but spoonable. Fold in mint and parsley and season with salt. The yogurt should taste bright and creamy with a fresh lemon aroma. Keep chilled until serving and refrigerate leftovers promptly.

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 **5 minutes active**  Mixing bowl, Whisk, Microplane or zester, Measuring spoons

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# Main Recipe

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## Ingredients

**900 grams / 2 pounds** Boneless lamb shoulder, trimmed and cut into 1.5-inch chunks *(Pat dry for better searing)*

**10 grams** Kosher salt *(Plus more to taste)*

**3 grams** Freshly ground black pepper

**60 grams / 4 tablespoons** Extra-virgin olive oil, divided *(For searing and finishing)*

**600 grams / 2 pieces** Yellow onions, thinly sliced

**40 grams / 8 cloves** Garlic cloves, finely chopped *(Crush and rest 5–10 minutes after chopping for best flavor)*

**30 grams / 2 pieces** Fresh red chile (Fresno or red jalapeño), thinly sliced *(Remove seeds/ribs for less heat; wear gloves and wash hands/board after handling)*

**6 grams / 2 teaspoons** Ground cumin

**6 grams / 2 teaspoons** Ground coriander

**6 grams / 2 teaspoons** Sweet paprika

**4 grams / 2 teaspoons** Aleppo pepper or red pepper flakes *(Adjust to taste)*

**1 grams / 0.50 teaspoons** Ground cinnamon

**50 grams / 3 tablespoons** Tomato paste

**400 grams / 1 can** Canned diced tomatoes (no added salt)

**500 grams / 2 cups** Low-sodium vegetable or chicken stock

**250 grams** Cooked chickpeas, drained and rinsed *(About the drained yield from one 400 g can)*

**20 grams / 1 tablespoon** Pomegranate molasses

**1 grams / 2 leaves** Bay leaves

**15 grams / 1 tablespoon** Fresh lemon juice *(Add at the end to brighten)*

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**10 grams** Fresh mint leaves, chopped

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**10 grams** Fresh parsley or cilantro, chopped

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**4 grams** Sumac, for finishing *(Optional but recommended)*

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**60 grams** Water, as needed *(To loosen sauce if it reduces too much)*

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## Instructions

### Prep aromatics

Wash onions, chiles, and herbs under cool running water. Slice onions and chiles; finely chop garlic and let it rest 5–10 minutes to develop flavor. Wear gloves when handling chiles and wash your cutting board and hands after. Pat lamb dry with paper towels so it browns well.

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 **15 minutes active**  Chef's knife, Cutting board, Bowls, Gloves, Paper towels

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### Sear the lamb

Heat half the olive oil in a heavy pot until it shimmers and a piece of lamb sizzles on contact. Season lamb with salt and pepper and sear in batches, leaving space between pieces. Brown on at least two sides until a deep mahogany crust forms and the fond (brown bits) builds on the pot; the lamb should release easily when well-seared. Transfer browned lamb to a plate.

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 **12 minutes active / 18 minutes total**  Dutch oven or heavy pot with lid, Tongs, Plate, Stovetop

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### Sweat onions and garlic

Lower heat to medium, add remaining olive oil, then the sliced onions and a pinch of salt. Cook, stirring and scraping up fond, until onions turn soft, glossy, and lightly golden at the edges. Add garlic and fresh chile; cook just until fragrant and no longer raw-smelling, about 30–60 seconds, avoiding browning to prevent bitterness.

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 **7 minutes active / 12 minutes total**  Dutch oven or heavy pot, Wooden spoon

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## Bloom spices and tomato paste

Stir in cumin, coriander, paprika, Aleppo pepper, cinnamon, and tomato paste. Cook, stirring, until the spices smell toasty and the paste darkens to a brick red and starts to stick slightly. If it threatens to scorch, add a splash of water to loosen.

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 **3 minutes active / 4 minutes total**  Dutch oven or heavy pot, Wooden spoon, Measuring spoons

## Build the braising base

Add diced tomatoes, stock, pomegranate molasses, and bay leaves. Scrape the bottom to fully dissolve the fond. The mixture should look unified and lightly thickened with small bubbles at the edges. Return the browned lamb and any juices to the pot and bring to a gentle simmer.

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 **5 minutes active / 10 minutes total**  Dutch oven or heavy pot, Wooden spoon, Measuring cup

## Braise until tender

Cover and maintain a very gentle simmer—just occasional lazy bubbles. Cook until the lamb is fork-tender and yields with light pressure; pieces should pull apart easily but not shred to mush. Skim excess fat from the surface as it rises. Adjust heat as needed to keep it from boiling hard.

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 **8 minutes active / 1 hour 50 minutes total**  
 Dutch oven or heavy pot with lid, Ladle or spoon for skimming, Fork

## Finish with chickpeas, herbs, and lemon

Stir in the drained chickpeas and simmer uncovered until the stew thickens enough to coat the back of a spoon. If too thick, add a splash of water; if thin, keep simmering to reduce. Off heat, stir in lemon juice, most of the mint and parsley/cilantro, and a drizzle of olive oil. Taste and adjust salt, pepper, heat, and acidity.

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 **7 minutes active / 15 minutes total**  Dutch oven or heavy pot, Wooden spoon, Ladle

## Rest and serve

Let the stew rest 10 minutes so juices settle and flavors round out. Serve hot, topped with remaining herbs and a pinch of sumac. If using the herb yogurt, spoon it over each bowl just before serving. Keep dairy garnishes cold until serving.

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 **2 minutes active / 10 minutes total**  Ladle, Bowls, Spoon