

Pernil Pork



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Source: Adapted from allrecipes.com

Start to Finish Time: 6 hours 20 minutes

Preparation Time: 20 minutes

Crock Pot: 6 hours

Description: A Puerto Rican style pork done in the slow cooker.

Categories: Crockpot

Servings: 6

Ingredients

4 clove Garlic

1 lg Onion, quartered

2 T Oregano, fresh and chopped

1 T Cumin, ground

1 t Ancho Chile pepper

2 t Sea Salt

1 t Black Pepper, fresh ground

Olive Oil

1 T White Wine Vinegar

1 3 - 6 lbs Pork Loin

Roast, bone-in preferred

1 Lime, cut into wedges

Directions -

Place the garlic, onion, oregano, cumin, ancho chile pepper, sea salt and pepper into a blender. Pour in the olive oil and vinegar. Puree until smooth.

If there is a fat cap, just cut the cap back leaving it attached on one end. Pull the fat cap back to expose the meat. Pierce the meat all over with a sharp knife. Rub the spice mixture into the meat and wrap in plastic wrap. Refrigerate for 4 - 6 hours. Remove from refrigerator and allow to come to room temperature.

Place in the slow cooker, fat side up. Cook on LOW until the pork is fork tender, 3 hours.

Remove the fat cap and continue to cook on LOW for another 3 hours. When ready, cut the pork into chunks or shred. Serve with lime wedges.