



Cerdo al Horno

Description

Here is a very easy Roast Pork recipe which has become an integral part of our Latin American cuisine. Other popular forms of meat on most of the continent include goat, chicken and fish.

Cerdo (Paletilla) al Horno or Shoulder Pork Roast (English version below)

Tiempo de preparacion: 15 minutos

Tiempo de coccion: 4 horas

- 1 paletilla de cerdo sin hueso
- 2 cebollas blancas
- 4 zanahorias
- 3 hojas de laurel
- 1 ramillete de tomillo
- 1 cerveza rubia
- Miel
- 1 taza de jugo de naranja
- Sal y pimienta al gusto

Preparación

1. Cortar la cebolla, las zanahorias, en pedazos y colocarlos en un bandeja junto con el tomillo y el laurel.
2. Sazonar con sal y pimienta.
3. hacer unos cortes a la corteza o tocino para que rostice mejor.
4. Colocar la carne de cerdo en la bandeja y agregar la cerveza y el jugo de naranja.
5. Cubrir con el papel aluminio y colocar al horno a 180° Celsius – 350° Fahrenheit de temperatura o gas marca 4 por 4 horas..
6. Luego destapar cuidadosamente y glaseado con miel y colocar nuevamente al horno para que dore por encima.
7. Dejar reposar la carne antes de cortar, asi todos los jugos se mezclaran mejor.

Shoulder Pork Roast (English version)

Preparation time: 15 minutes

Cooking time: 4 hours

Ingredients

- 1 shoulder pork
- 2 onions
- 4 carrots
- 3 bay leaves
- 1 bunch thyme
- 1 Beer larger
- Honey
- 1 cup of orange juice
- Salt and peper to taste

Preparation

1. Cut the onion, carrots bay leaves and thyme into slices and place them in a roasting pan with aluminium foil.
2. Season with salt and pepper.
3. Place the shoulder into the pan and add the beer and the orange juice.
4. Cut off the rind, for better roasting.
5. Cover with the foil and put into the oven to 180° Celsius – 350° Fahrenheit of . temperature or gas mark 4 for about 4 hours.
6. Then uncover and glazed with honey and carefully place back in the oven and let them roast for few minutes until the rind is crackling.
7. Let meat rest before cutting, so all the juices will mix up better.