

# 墨西哥手撕豬肉夾餅

## Pulled pork tacos

份量：8 人  
熱量：每份 450 卡路里



### 基本材料：

去肥去骨豬肩肉 1.8 公斤

### 醃料：

西班牙文辣椒醬	100 克
茄膏	2 湯匙
蘋果醋	3 湯匙
橙汁	2 個橙
蒜頭	2 粒，磨碎
乾奧勒崗	1 茶匙
海鹽	2 茶匙
肉荳蔻粉	1 茶匙
五香粉	1 茶匙
煙紅椒粉	1 茶匙
孜然粉	1 茶匙

### 醃洋蔥材料：

紫洋蔥	2 個，切絲
海鹽	1 茶匙
乾奧勒崗	半茶匙
孜然籽	半茶匙，弄碎
蘋果醋	2 湯匙
青檸汁	1 個青檸

**上碟用：**

中形墨西哥薄餅	8 塊
葵花籽油	少許
西生菜	1 個，切碎
番茄	400 克，切碎
芫茜	隨意

**烹飪步驟：**

1. 將所有醃料材料攪拌，放豬肩肉，把豬肩肉完全被醃料包住，形成外皮。用保鮮紙包裹，放在凍箱中靜置數小時，過夜更佳。
2. 預熱焗爐至 140 度。把醃好的豬肩肉放進去，用錫紙包實，低溫焗 4 小時。
3. 同時可以醃洋蔥。加入 350 克熱水，浸泡紫洋蔥 10 分鐘。晾乾加入海鹽、乾奧勒崗、孜然粉、蘋果醋及青檸汁，攪勻。用保鮮紙包裹，放在凍箱中靜置兩小時。洋蔥會變粉紅色。
4. 豬肩肉焗好後，放在一旁等待 20 分鐘。
5. 預熱焗爐至 180 度。
6. 反轉兩個鬆餅烤盤，把墨西哥薄餅放在中間，形成碗形。噴 4 至 6 下油，焗 7 至 8 分鐘，或直至薄餅變金黃。
7. 除去豬肩肉的錫紙，用叉把肉撕成肉條，以肉汁及醃料浸泡，令其更入味。再放入焗爐焗 15 分鐘。
8. 把豬肉條、西生菜、番茄加入薄餅碗中。配以醃洋蔥及芫茜即可享用。

## Pulled pork tacos

Serving : 8

Calorie: 450 per serving

### Basic Ingredients:

Trimmed joint of boneless pork shoulder 1.8kg

### For the marinade:

Chipotle paste 100g  
Tomato purée 2 tbsp  
Cider vinegar 3 tbsp  
Orange Juice From 2 oranges  
garlic cloves 2, grated  
Dried oregano 2 tsp  
Flaky salt 1 tsp  
Ground nutmeg 1 tsp  
Ground allspice 1 tsp  
Hot smoked paprika 1 tsp  
Ground cumin 1 tsp

### For the pickled pink onions:

Red onions 2 , thinly sliced  
Flaky sea salt 1 tsp  
Dried oregano ½ tsp  
Cumin seeds ½ tsp, lightly crushed  
Cider vinegar 2 tbsp  
lime Juice From 1 lime

### To serve

Medium corn tortillas 8  
Sunflower oil spray A few  
Iceberg lettuce 1, shredded  
Tomatoes 400g, diced  
Coriander leaves 2 handfuls

**Procedures:**

9. Mix all the marinade ingredients together in a small bowl. Place the pork in a non-reactive bowl, add the marinade and turn to coat. Cover with cling film and leave to marinate in the fridge for at least a couple of hours, ideally overnight.
10. When ready to cook, preheat the oven to fan 140°C/gas 1. Place the pork and marinade in a roasting dish and cover tightly with foil, making sure it's well sealed. Cook on a low oven shelf for 4 hours.
11. Meanwhile, for the pickled onions, put the red onions into a small bowl, pour on 350ml boiling water and leave to stand for 10 minutes. Drain and return the onions to the bowl. Add the salt, oregano, cumin seeds, cider vinegar and lime juice. Mix well, then cover with cling film and place in the fridge for 2 hours. The onions will pickle and turn pink.
12. When the pork is cooked, remove from the oven and set aside, still covered, to rest for 20 minutes while you make the tacos.
13. Turn the oven up to fan 180°C/gas 4.
14. Take two muffin trays and turn them upside down. Lay a tortilla over each of two mounds on each tray and poke them down the sides to create two bowl shapes. Spray with 4–6 sprays of oil. Bake for 7–8 minutes or until the tortilla cases are golden brown. Repeat with the remaining tortillas.
15. Remove the foil from the pork and shred the meat, using two forks. Mix the pork well with the marinade and pan juices. Place back in the oven for 15 minutes or so to heat up.
16. Place a tortilla bowl on each plate and fill with a pile of pulled pork. Arrange the shredded lettuce and tomatoes on the side. Top with the pickled pink onions and coriander then serve straight away.