

Sous Vide Carnitas

<http://userealbutter.com/2017/05/21/sous-vide-carnitas-recipe/>
from [Serious Eats The Food Lab](#)

4 lbs. boneless pork shoulder, cut into 2-inch thick slabs
1 medium onion, roughly chopped
6 medium cloves garlic
1 stick cinnamon, broken into 3-4 pieces
2 bay leaves
1 medium orange with peel, cut into quarters
kosher salt

Set the sous vide to 185°F (or you can shoot for lower temperatures and longer cook times that result in different textures – please refer to [Kenji's guide](#) for more information).

Place the pork, onion, garlic, cinnamon, and bay leaves in a large bowl. Squeeze the juice of each orange quarter over the pork. Toss the squeezed orange quarters into the bowl. Season liberally with kosher salt. Place all of the contents in a vacuum seal bag or plastic ziploc bag. If using a vacuum seal bag, vacuum seal the contents. If using a ziploc, I found it much easier to divvy the ingredients up between two one-gallon ziploc bags and pushing the air out using the displacement method (submerge the bag in a deep volume of water until most of the air is out of the bag, but the zipper part is still above water, then seal the zipper). Otherwise the bag becomes increasingly unwieldy to deal with as the pork cooks in the sous vide bath.

Set the bag or bags in the sous vide bath, clipping the tops of any ziploc bags to the side of your vessel (to ensure you don't get any leaks), but making certain that the pork is submerged. If it floats to the top, you can keep it down by clipping a metal spoon to the base of the bag or clipping the end of a long metal spoon to the side of the vessel, allowing the spoon to act as a clamp on the bag. Cover the vessel with ping pong balls or aluminum foil to reduce evaporation, but you will need to periodically check on the water level of the sous vide bath and replenish it from time to time so it doesn't fall below the level of the meat. Cook for 8 hours.

When the pork is cooked, remove the bag(s) from the bath. Empty everything into a large bowl and pick out the pork. Let the pork cool enough so you can work with it, then shred it with two forks. You can refrigerate the pork at this point and use it within 5 days or forge ahead with deliciousness.

To crisp the carnitas: If using a broiler, set the broiler to high with the oven rack at the very top level to the broiler. Spread the pork over a baking sheet and broil, flipping pieces over a few times until the meat is browned and crisp (about 10 minutes). If using a skillet, cook the carnitas in batches over medium heat, turning every few minutes until crisp (about 10 minutes).

Serve hot. Serves 8-12.