

MAINS

Recipe: page 44 →

Citrus-Rubbed Pork Shoulder

A paprika rub, lime, and orange juice season a pork shoulder with onion, garlic, and bay. After shredding, a few minutes under the broiler crisp the edges.

SERVES	HANDS-ON	TOTAL
8	24 min	8 h 32 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- [ ] black pepper
- [ ] paprika
- [ ] dried oregano
- [ ] ground cumin
- [ ] bay leaves
- [ ] cooking spray

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SERVES	HANDS-ON	COOK	TOTAL	SETTING
8	24 min	8 h 5 min	8 h 32 min	LOW 8 hours, then broil 3 to 5 minutes (or HIGH 5 hours, then the same broil)

Times follow LOW for 8 hours plus a broil of up to 5 minutes and a 3 minute rest; HIGH is 5 hours, then the same broil and rest.

INGREDIENTS

- 4 lb (1814 g) boneless pork shoulder, thawed
- 2 tsp (12 g) kosher salt
- 1 tsp (2 g) black pepper labeled gluten-free
- 1 tbsp (7 g) paprika labeled gluten-free
- 2 tsp (2 g) dried oregano labeled gluten-free
- 2 tsp (4 g) ground cumin labeled gluten-free
- 1 large yellow onion (250 g), cut into wedges
- 6 garlic cloves (18 g), smashed
- 2 limes (140 g), juiced
- 1 large orange (200 g), juiced
- 2 bay leaves (1 g) labeled gluten-free
- cooking spray labeled gluten-free

> **Gluten-free:** Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Blot the thawed shoulder dry. Mix the paprika, cumin, oregano, salt, and black pepper, and rub that mix over the meat.
2. Scatter the onion wedges and smashed garlic in a 6-quart cooker, set the shoulder on top, and pour the lime juice and orange juice around it.
3. Tuck in the bay leaves and set the lid on. Give the shoulder 8 hours on LOW, or 5 hours on HIGH.
4. It should pull apart when you tug it with a fork. Pork is safe at 145 F (63 C) after a rest; leave this cut on until it shreds.
5. Move the shoulder to a board, pull the meat into chunks, and discard the bay leaves.
6. Coat a rimmed sheet with the cooking spray, spread the pork on it, and broil 3 to 5 minutes, watching the whole time, until the edges color. Pull the sheet sooner if the tips start to blacken.
7. Rest the meat 3 minutes, then toss it with a few spoonfuls of the pot juices so it stays moist.

NOTES

- The shoulder must be thawed. Do not start this pot from frozen meat.
- Paprika, oregano, cumin, bay leaves, and the cooking spray need a gluten-free label.
- Skip the broiler if you want the pork soft. The citrus juices in the pot are enough to keep it moist.