MEXICAN · LUNCH · DINNER

Chilorio (Sinaloa Shredded Pork in Chilli Adobo)

Chilorio estilo Sinaloa

120 min · Serves 6 · 451 kcal a serve · Video 3:16 in Spanish · Las Recetas de Mamá

Gluten-free ingredients · Dairy-free · Nut-free

40 g protein and 5 g net carbs a serve from simmered pork leg cooked down in a vinegar and dried-chilli adobo with just a spoon of oil. Rich in selenium, zinc and vitamin B12.

Diet notes: Low carb (5.4 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 17 · SERVES 6

- [ ] 2½ lb **boneless pork leg** (pierna), for shredding
- [ ] a little **salt** for the cooking water and salt to taste in the adobo
- [ ] 2 **bay leaves** (for the cooking water)
- [ ] 4 **pasilla chillies**, stemmed and seeded
- [ ] 4 **guajillo chillies**, stemmed and seeded
- [ ] 1 **ancho chilli**, stemmed and seeded
- [ ] about ½ cup of the **chilli soaking water**
- [ ] ½ **white onion** for the adobo (plus ¼ onion for the cooking water)
- [ ] 2 **garlic** cloves for the adobo (plus 1 for the cooking water)
- [ ] ¼ cup **apple cider vinegar**
- [ ] 2 **whole cloves**
- [ ] 4 **black peppercorns**
- [ ] ½ tbsp **cumin**
- [ ] ½ tbsp **dried oregano**
- [ ] a little **oil** (about 1 tbsp), for browning
- [ ] chopped **coriander** (cilantro), to serve
- [ ] **lime wedges**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the pork in a pot of water and bring to a simmer, skimming off the foam. Add a garlic clove, a chunk of onion (¼ onion), a little salt and the bay leaves, and cook gently until tender enough to shred (the video gives no time; allow about 1½ hours). 0:19
2. Meanwhile soak the cleaned, seeded chillies in hot water until soft. Blend them with a little soaking water, the half onion, 2 garlic cloves, vinegar, cloves, peppercorns, cumin, oregano and a little salt until completely smooth (this adobo is not strained). 0:42
3. Lift the cooked pork out of its water and pull it apart a little so it shreds easily later. 1:21
4. Heat a little oil in a wide pot and brown the pork for a few minutes, until golden threads start to form. 1:34
5. Pour in the adobo and cook over medium heat for 10–15 minutes so the meat soaks up the sauce. 1:49
6. Shred the pork completely in the pot with two forks so every strand is coated, then serve with lime and coriander. 2:27

> **Tip** Serves about 6 (our estimate for 2½ lb pork). Eaten in tacos, burritos or tostadas with a habanero and red-onion salsa; lettuce cups keep it low in carbs. Keeps a week in the fridge and freezes well.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
451 kcal	**40 g**	**8.3 g**	**2.9 g**	**28 g**	**480 mg**
1,890 kJ	79% of a day	5.4 g net · 0.7 g sugars	10% of a day	9.4 g saturated	21% of a day
		3% of a day		36% of a day	

Energy from net carbs 5% · protein 37% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 118% · Vitamin B6 59% · Zinc 40% · Vitamin B12 40% · Omega-3 27%

Source of (10–19%) Potassium 18% · Iron 18% · Vitamin A 14% · Magnesium 12%

Recipe and video: Las Recetas de Mamá (@Las.Recetasde.MamaOficial) on YouTube — youtube.com/watch?v=_cn698E1HjI, published 19 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chilorio-sinaloense