

# Puerto Rican Pernil

## Ingredients

Bone-In Pork Shoulder (with skin), varies in size

## Blended Spice Rub (Per Pound of Pork)

2 Garlic Cloves

1/2 tsp White Vinegar

1/2 tsp Olive Oil

1/4 Tbsp Adobo

1/2 tsp Oregano

## Optional Ingredients

- 10 garlic cloves to be added whole
- 1-2 packets of Sazón added in with the spice rub above
- 1/2 Tbsp Adobo to be added to skin later in the cooking process



## Nutrition Profile

- per 4 oz uncooked -

Calories - 220

Fat - 19g

Carbohydrates - 0g

Protein - 22g

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# Instructions

1. Start by making your spice rub. In a blender or food processor, add in your garlic cloves, vinegar, olive oil, adobo, oregano, and packet of sazón. Blend until ingredients form a paste. Set aside.
2. Remove the skin from your pork shoulder by taking a sharp knife and carefully cutting under the skin to separate the fatty part from the meaty part of the pork. Take your time to ensure you do not cut yourself.
3. Once the skin is removed, score the top of the skin by making cuts about 1 inch apart, careful not to cut all the way through. It should look like a checker board and you should be able to slightly see the fatty underside.
4. Set skin aside and take a small paring knife and poke holes into your pork shoulder, about 1 inch apart. This is where you will stuff your remaining garlic cloves later.
5. Next, massage your spice rub into the pork shoulder all around. Get every little crease there is and push some into the holes that you poked. Reserve a little of the rub for the skin. Push your extra garlic cloves into the holes.
6. Massage the remaining rub on the top and bottom of the pork skin, then lay the skin on top of the pork shoulder, fat side down. Tightly wrap with plastic wrap and marinate in the fridge for 24-72 hours.
7. When ready to cook, remove plastic wrap and transfer pork shoulder, skin side up, to a deep roasting pan. Add enough water to your roasting pan to barely cover the bottom. Anywhere from 1/4 to 1/2 inch of water is sufficient. This is just to ensure the bits on the bottom do not burn. Tightly cover with aluminum foil and place in the oven on 350°F. Refer to cook times on the next page, then return to step 7. (Before placing pork shoulder back in the oven on 450°F, sprinkle a little adobo on top of the skin).
8. Once pork shoulder is cooked through, let rest for 15 minutes. Shred the pork and cut the skin into pieces and add into the meat.

9. Dig in and ENJOY!

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# Cook Times

Full size Pork Shoulder (Picnic Roast) 7-10 lbs

350°F (Covered) for 4 hours

350°F (Uncovered) for 1 hour

450°F (Uncovered) for 15-30 minutes or until skin is crispy and internal temperature of pork shoulder reaches 145°F

Let rest for 15 minutes

Half size Pork Shoulder (Picnic Roast) 4-6 lbs

350°F (Covered) for 2 hours

350°F (Uncovered) for 30 minutes

450°F (Uncovered) for 15-30 minutes or until skin is crispy and internal temperature of pork shoulder reaches 145°F

Let rest for 15 minutes

Ovens may vary, so the above cook times are simply a guideline. Be sure to check on your roast when cooking uncovered to make sure the skin does not burn. If the skin is crispy but the pork shoulder itself needs longer to cook, simply remove the skin and let the pork continue to cook until done.



## Notes

- A little goes a long way with this dish. For reference, an 8 pound pork shoulder could probably feed around 12-15 people, depending on the use and what sides are served along with it.
- The leftover pernil can be frozen for future use