

PALEO / NICK



Pulled Pork Gallimaufry

Ingredient List:

- Pulled pork of one leg or shoulder, approximately 3 pounds.
- 2 Yams or Sweet Potatoes, small diced
- 1 Large Yellow Onion, small diced
- 6 Cloves Fresh Garlic, minced
- Rendered Pork Fat, from fatty portions of leg or shoulder
- 2 Bell Peppers (any color), small diced
- 4 Tomatoes, small diced
- 4 Chipotle Peppers in Adobo
- 1 Bunch Cilantro, rough chopped
- Light Drizzle of Maple Syrup
- Kosher Salt
- Freshly Ground Black Pepper

Preparation Instructions:

1. Heat bits of pork fat, or bacon fat in a large sauté pan (or two) over medium-high heat.
2. When the fat is rendered and flows like water when the pan is tilted, add the garlic, onions and yams, season with salt and pepper and toss to coat with the fat.
3. Cook for 8 minutes tossing every two minutes.
4. When yams are 80% cooked, add pork, peppers, tomatoes and chipotle peppers.
5. Sautee or stir to incorporate all ingredients and cook for 5 additional minutes or until yams are soft and sweet and peppers are tender.
6. Set aside a small amount of cilantro for the final punch and add the rest of the cilantro to the pan and season one last time with salt and pepper.
7. Plate up the pork! Finish with a drizzle of maple syrup and the extra fresh cilantro at the end.
8. Share with your friends, or divvy this up into containers and refrigerate for up to one week or freeze for up to 6 months.
9. Enjoy! And...

“Keep It Paleo!”

