

Click Here



Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Learn how to make this 8 hour Pernil, a traditional Puerto Rican roasted pork leg or shoulder marinated with adobo seasoning, garlic, and lots of fresh oregano. It's the perfect protein to prep in 30 minutes for a holiday meal that comes out moist and tender every time, thanks to the slow roast at 300 degrees. Pernil is one of the most popular pork dishes in Puerto Rican cuisine. Variations of this mouth-watering recipe can be found in the Dominican Republic and Cuba as well. Traditionally made with pork leg or shoulder, we frequently enjoy this dish during the holidays, usually served with a pot of arroz con gandules or habichuelas guisadas. While this roasted pork is often considered an intimidating venture, I promise it's easier than you think! This impressive entree is surprisingly easy to make, with a prep time of just 30 minutes. The marinade itself comes together with 5 simple ingredients. Keep reading for all the details on how to make it from scratch. The ingredient list for this dish is quite simple. Here's what you'll need to make it: oil (can be olive, vegetable, canola, etc.) garlic fresh oregano adobo seasoning salt pork leg or shoulder freshly squeezed orange juice or water See recipe card for quantities. Make the spice rub. Combine oil, garlic, oregano, adobo seasoning, and salt in a mortar & pestle or food processor and mash/pulse until a consistent paste forms. It should be a thick with small chunks of garlic. Prep the pork. Start by scoring the thick piece of fat on top of the pork with a sharp knife. Insert the knife through the fat and several inches deep into the flesh. Repeat this about 15 times throughout the surface of the piece of meat. Tip: When scoring the fat, be careful to not cut all the way through, so that it stays intact as one large piece. Marinate the pork. With the pork in a baking dish, rub the marinade all around, making sure to push it into the deep cuts made earlier. Add orange juice or water to the base of the baking dish, cover the baking dish with foil and marinate in the fridge for at least 4 hours or overnight (the longer the better). Roast the Pernil. Make sure to bring the pork to room temperature before preheating your oven to 300 degrees. Roast the pork shoulder, covered with aluminum foil for 2 hours or until it reaches an internal temperature of 165 degrees. Did you know? Making deep cuts into the flesh of the pork allows the marinade to infuse deep into the meat, creating maximum flavor. Crisp the skin. At this point, raise the temperature of the oven to 450 and bake on a rack in the middle of the oven, uncovered for 1 hour or until the fat becomes crispy and the pork inside is fork tender. Let it rest. Remove from the oven, transfer to a wooden cutting board, wrap with foil and allow the Pernil to rest for at least 15 minutes before slicing and serving. There are many different ways to prep and marinate the pork depending on the household or restaurant you visit. Here are some variations you can try: Citrus — Adding orange juice or water to the roasting pan helps prevent the meat from drying out. Many Puerto Ricans will use a blend of citrus (like orange and lime juice) not only in the roasting pan but also in the marinade. Seasonings — I kept my recipe more traditional only using adobo seasoning, but many people will add different spices to their marinade. You can try sazon, dried oregano and even paprika for color. Fresh herbs — It's also not uncommon to see different blends of herbs in the marinade like parsley and cilantro. You may be wondering how Pernil is different from Carnitas or even pulled pork. While the dishes typically all use the same cut of meat (pork leg or shoulder), the separation is in how they are marinated, seasoned, and prepared. Puerto Rican Pernil is famous for that perfectly seasoned, crispy piece of fat on top of the super moist and tender pork roast. Pulled pork, on the other hand, has origins in Mexico and the United States. It's sometimes seared before roasted, and typically has a BBQ inspired seasoning blend. Carnitas have similarities in both seasonings and cooking technique, making them a closer relative to Pernil. Here are the tools you'll need to make Pernil: Slice up your Pernil and store in an air tight container in the fridge. This stuff makes the BEST leftovers with some rice and beans, in a sandwich, or as is for a quick snack. Buen Provecho! Print clock icon cutlery icon flag icon folder icon instagram icon pinterest icon facebook icon print icon squares icon heart icon solid icon Learn how to make this 8 hour Pernil, a traditional Puerto Rican roasted pork leg or shoulder marinated with adobo seasoning, garlic, and lots of fresh oregano. It's the perfect protein to prep in 30 minutes for a holiday meal that comes out moist and tender every time, thanks to the slow roast at 300 degrees. Make the spice rub. Combine oil, garlic, oregano, adobo seasoning, and salt in a mortar & pestle or food processor and mash/pulse until a consistent paste forms. It should be a thick with small chunks of garlic. Prep the pork. Start by scoring the thick piece of fat on top of the pork with a sharp knife. Insert the knife through the fat and several inches deep into the flesh. Repeat this about 15 times throughout the surface of the piece of meat. Marinate the pork. With the pork in a baking dish, rub the marinade all around, making sure to push it into the deep cuts made earlier. Add orange juice or water to the base of the baking dish, cover the baking dish with foil and marinate in the fridge for at least 4 hours or overnight (the longer the better). Roast the Pernil. Make sure to bring the pork to room temperature before preheating your oven to 300 degrees. Roast the pork, covered with aluminum foil for 2 hours or until it reaches an internal temperature of 165 degrees. Crisp the skin. At this point, raise the temperature of the oven to 450 and bake on a middle rack uncovered for 1 hour or until the fat becomes crispy and the pork inside is fork tender. Let it rest. Remove from the oven, transfer to a wooden cutting board, wrap with foil and allow the Pernil to rest for at least 15 minutes before slicing and serving. março 7, 2025 Por Minha Receita O pernil na airfryer é ideal para ocasiões especiais, como um almoço em família ou para um jantar descontraído com amigos no fim de semana. Por outro lado, quem nunca teve medo de preparar um pernil suíno assado e acabar com uma carne ressecada e sem nenhum sabor? Felizmente, é super possível preparar um pernil na airfryer que seja suculento por dentro e crocante por fora. E o melhor de tudo é que o preparo dessa receita é tão simples e prático que qualquer um pode fazer. Seja para um almoço de domingo simples ou para um churrasco improvisado, o pernil na airfryer vai surpreender a todos os convidados. Veja a seguir como fazer o pernil na airfryer sem deixá-lo ressecado: O Pernil Suíno Temperado Seara é uma ótima opção para quem busca receitas práticas para economizar tempo na cozinha. Além de ser uma carne macia e suculenta, o pernil já vem temperado na embalagem, prontinho para ser colocado na airfryer. Ele é perfeito para um almoço em família, já que serve tranquilamente 8 pessoas. Se você não quiser preparar ele inteiro, você também pode colocar um filé de pernil na airfryer. Para acompanhar esse delicioso pernil temperado, uma salada de maionese com bacon e um arroz branco soltinho são simples de fazer. O pernil na airfryer com batata também é uma excelente sugestão. O Pernil Suíno Temperado Seara também serve para fazer um churrasco na airfryer com os amigos. Você pode servir o pernil da airfryer com algum molho para carne de porco ou um limão para trazer acidez. Caso você queira temperar o pernil na airfryer do zero, existem várias formas deliciosas de trazer um gostinho especial para a carne. As ideias de tempero para pernil de porco podem ser mais simples e com poucos ingredientes, ou mais elaboradas e com sabores complexos. No entanto, é importante ter em mente que para fazer pernil na airfryer fique suculento e macio, é fundamental deixá-lo entre 2 a 3 horas marinando no tempero. Na verdade, quanto mais tempo você deixar marinando, mais saboroso e suculento o pernil vai ficar. Existem vários tipos de marinada para carne de porco, mas a de alho, limão e ervas frescas é a mais tradicional. Se você deseja fugir um pouco do óbvio, você pode apostar em um pernil marinado com mel, cachaça e mostarda. O pernil na airfryer com mostarda, mel e cachaça é uma delícia e traz um sabor diferenciado para a receita. Agora que você já sabe como temperar o pernil para assar, é hora de descobrir como prepará-lo na airfryer. O primeiro ponto é que fazer o pernil na airfryer é super simples e prático, mas você deve tomar alguns cuidados básicos para não danificar o eletrodoméstico. Apesar de ser muito comum envolver o pernil no papel alumínio para ir ao forno, isso não deve ser feito na airfryer. O pernil na airfryer com papel alumínio pode interferir na circulação do ar quente dentro do aparelho, comprometendo o cozimento uniforme da carne. Por ser um material condutor, o papel alumínio pode causar faíscas dentro do airfryer e causar um acidente. Por essa razão, é recomendado colocar o pernil na airfryer sem papel alumínio. Dessa forma, a carne ficará com uma crosta mais crocante e dourada por fora. Veja a seguir como preparar o pernil na airfryer: Ingredientes: Pernil Suíno Temperado Seara Azeite de oliva para untar Modo de preparo: 1) Preaqueça a airfryer a 200°; 2) Unte o interior da airfryer com um pouco de azeite de oliva; 3) Depois, coloque o Pernil Suíno Temperado Seara no cesto da airfryer; 4) Deixe o pernil na airfryer por 40 minutos a 180°; 5) Quando o tempo terminar, vire o pernil na airfryer e deixe por mais 40 minutos a 180°; 6) Aos 20 minutos, abra a airfryer para verificar o cozimento do pernil; 7) Se estiver cozido e dourado, retire o pernil da airfryer e deixe-o descansar por alguns minutos antes de servi-lo. Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever. See What's NewExplore now consumers want to see climate stories told today, and what that means for your visuals. Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand. Watch Now Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever. See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals. Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand. Watch Now Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever. See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals. Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand. Watch Now 14 de julho de 2024 de junho de 2024 Por Daniel Categorias Receitas na Airfryer Bolo de Tapioca com Queijo na Airfryer: Receita FÁCIL e RÁPIDA Couve Manteiga Crocante na Airfryer: Receita FÁCIL e RÁPIDA This homemade Mango Habanero Hot Sauce has that classic balance of sweet heat, making it perfect for marinating chicken wings or drizzling wherever you... Read More Homemade Mango Habanero Hot Sauce A super creamy Avocado Dip made with greek yogurt, fresh lime juice, cilantro, and jalapeño. Made in minutes with an immersion blender for a... Read More Greek Yogurt Avocado Dip (or Spread) This delicious one pot Pollo Guisado is an authentic Puerto Rican style chicken stew. Cuts of chicken are seasoned and seared, then stewed on... Read More One Pot Pollo Guisado (Chicken Stew) Warning: This smokey Elote Dip will have you rolling out the grill several times a week! It's an addicting dip-able version of the popular... Read More Quick-Grilled Elote Dip with Cotija Cheese These saucy Camarones al Ajillo are finger-licking good, drenched in a paprika forward garlic butter sauce and finished with lots of fresh lemon juice.... Read More Camarones al Ajillo (Quick Classic Recipe) Brew up a batch of this bright red Agua de Jamaica to enjoy all week long! It's easy to make a single serving or... Read More Easy Agua de Jamaica (Single Serve or Pitcher) This authentic pernil recipe creates a juicy, fall-apart-tender pork shoulder with irresistible crispy pork skin on top. Serve it the Puerto Rican way with arroz con gandules and watch how quickly it disappears! When I think of Pernil, one word comes to mind - mouthwatering. Trust me, this is a dish that will impress everyone at the table! Here's why you will love this recipe: Authentic: Seasoned with garlic, sazon, fresh citrus and herbs, this is how my Abuela taught me to make pernil. With a crispy cuerito (crispy pig skin) and juicy roasted pork that is fall apart tender, you'll be craving this dish year round! Festive: Seeing a roasted pernil placed onto the holiday table is a sign of love. Just like a Thanksgiving turkey, it takes a lot of prep, but it's well worth the effort! Flavorful: You will never find a more tender, juicy and perfectly flavored pernil than this recipe. Trust me, this is a dish that will impress everyone at the table! If you love roasted pork with Latin flavors, be sure to also try our recipe for lechon asado. Pernil is a slow cooked roasted pork shoulder (or leg), with crispy skin on top, that is so tender you don't even need a knife. The pork is marinated overnight and then slow roasted as a whole piece, with the skin (fat) and the bone still intact. Puerto rican pernil is served shredded, not sliced, with arroz con gandules for special occasions. You'll need the following ingredients to make this flavor packed, fall apart tender Pernil. Check the recipe card at the bottom of the post for exact amounts. Pork Shoulder: I like to use a pork shoulder, but you can also use a pork leg roast or a pork butt. Garlic Cloves: You want to use lots of fresh, peeled garlic cloves. Oil: We used vegetable oil growing up, but you can also use olive oil. Green Bell Pepper: Remove the seeds and stem. Onion: A white onion is traditional, but a yellow onion will also work. Fresh Oregano: You can substitute 2 tablespoons dried oregano, but fresh is best. While not traditional, cilantro is also delicious for a different flavor. Seasonings: Salt, black pepper, cumin, adobo, and store bought sazon con azafrán or homemade sazon seasoning. Chicken Broth: I use reduced salt chicken broth because there is a lot of salt in the seasonings. Orange or Lime Wedges: Optional, for serving. You can also choose to add sour orange juice to the marinade. I know it's looks like a lot of steps, but most of the time the pork will be marinating or in the oven! Below is a quick rundown of all the steps for this Puerto Rican pork. For the full detailed directions scroll to the recipe card below. Marinade: Combine garlic cloves, bell pepper, and cilantro in a food processor and process until smooth. Add the seasonings and process one more time. Garlic: Cut the fat cap from the back of the roast, still keeping it intact and attached to the meat. Fold it over so you can access the meat under it. Cut deep holes into the roast and stuff whole garlic cloves into the roast. This will give it epic flavor! Prep: Spoon a third of the marinade over the back of the pork. Flip and cover the top in another third of the marinade. Lay the fat cap back over the top and make deep slices to form a checkered pattern. Spread remaining marinade over the fat cap. Marinate: Cover the meat with aluminum foil and refrigerate for 24 to 48 hours, flipping it every so often. Do not skip this step! It's incredibly important to ensure you get the absolute best, full flavored pernil! Roast: Add pork to a roasting pan skin side up and add broth until there's about 2 inches in bottom of the pan. Replace the foil and roast in the oven at 350°F for 3.5 to 4 hours. Rotate the pan every hour to ensure even cooking. Crisp: Remove the foil and turn the heat up to 400°F. Continue roasting for another 30 minutes, until the skin gets crispy on top. The internal temperature should be at least 180°F or higher. Knock Knock: The fun and traditional way to test if the cuerito (crispy pig skin) is ready is by knocking on it. If it sounds like somebody is knocking at a little door, you know it's ready! Rest: Before shredding, allow the meat to rest for 15 minutes minimum, or up to 30 minutes for best results. This is an important step to ensure the meat is tender and juicy. Shred: Shred the meat on a cutting board and pour some of the juice from the pan and the fresh orange or lime juices over the meat, if desired. Serve and enjoy! Email this recipe to yourself for easy access later! Here are a few tips and different variations to ensure your pernil turns out perfect: Pork With Fat: No matter what pork cut you choose, make sure it is bone-in, with a good amount of fat and the skin still attached. Some grocery stores in the US may call the pork shoulder a "Picnic Pork Roast" on the label, so keep that in mind. Plan Ahead: Make sure you plan ahead to allow plenty of time to make your pernil. If you try to rush the marinating time or cooking time, it won't be half as good. This pernil will take about 5 hours of cooking time including cooling time after cooking. Marinate: It is SO very important to marinate the pork for the full amount of time. It is best if you can leave it marinading for a couple of days, but need at least 12 hours at minimum. Garlic: Hiding whole garlic cloves inside the pork is a traditional step that is a huge key to giving your pernil ALL THE FLAVOR. Don't skimp or skip the garlic, you will regret it. Sofrito: Some Puerto Ricans use sofrito to marinade their pork. If you want to use sofrito, skip the onion and bell pepper and use 1/2 cup sofrito instead. Sour Orange: Want to add naranja agria, sour or bitter orange juice, to your pork marinade? Add 1/3 cup to your marinade. Fresh is best, but bottled works in a pinch. Of course we serve this Puerto Rican pernil recipe with arroz con gandules for the perfect Christmas dinner. Here are a few more Puerto Rican recipes to try: For a delicious breakfast the next day, serve leftovers in a mallorca with cheese! Fridge: Store in an airtight container for up to 5 days in the fridge. Freeze: Freeze cooled, shredded pork in freezer safe airtight storage bags for up to 3 months. Thaw overnight in the fridge before reheating. Reheat: Add meat and a couple of tablespoons of water to a bowl and cover with a wet paper towel. Heat in the microwave in 30 second bursts until warmed through. Or add meat to a large non-stick skillet with 1 to 2 tablespoons of water over low-medium heat. Print Pin Recipe Save Saved! Yield: 12 to 15 servings Pernil is a marinated, slow roasted pork shoulder or leg with crispy pork skin and tender, flavorful pork underneath. It is most popular in Latin American countries around Christmas, but is delicious all year! Prep Time 15 minutes minutes Cook Time 4 hours hours Additional Time 30 minutes minutes Total Time 4 hours hours 45 minutes minutes 15 peeled garlic cloves, divided 3 tablespoons oil 1 green bell pepper, with the seeds removed and roughly chopped 1 large white onion, peeled and roughly chopped 1 cup fresh oregano, with large stems removed 2 teaspoons salt 1 packet sazon, or homemade sazon seasoning 1 teaspoon adobo powder 1 teaspoon ground black pepper 1/2 teaspoon ground cumin 8 to 10 pound pork shoulder roast, or leg roast with fat cap, cleaned and damp dry 3 to 4 cups chicken broth or lime wedges, for serving Email this recipe to yourself for easy access later! Add 5 cloves of garlic, oil, bell pepper, onion, cilantro, salt, sazon, adobo powder, black pepper and cumin to a food processor or blender. Process until smooth, about 30 seconds. Set aside. Cut the fat cap from the back of the roast, but keep it intact and on the roast. Just fold it over so you can access the meat underneath. Cut deep holes into the roast, so that you can fit your finger into each hole. Flip the roast over and cut deep holes into the back as well. Stuff the remaining garlic cloves into the holes in the roast. Then spoon a 3rd of the marinade over the back of the roast and push the marinade into all of the holes as well. Flip the roast over and cover the top in another 3rd of the marinade, again pushing the marinade into the holes of the roast. Lay the fat cap back over the roast and make 4-5 deep, long, evenly spaced slices along the top of the roast, without cutting all of the way through. Then, make 4-5 more perpendicular slices to the first slices to form a checker pattern on top. Pour the remaining marinade over the fat cap and rub it generously into the slices of the fat cap so that every crevice is covered in the marinade. Marinate: Cover the pork with aluminum foil and refrigerate for 24-48 hours, flipping every 3-5 hours. This step is important to ensure you get the best flavor! When the roast is ready, preheat the oven to 350°F and remove the pan from the fridge. Lift up the aluminum foil and pour in the chicken broth or water until there is about 2 inches of liquid in the bottom of your pan. Replace the foil and place the roast in the oven for 3 1/2 - 4 hours, rotating the pan every hour to ensure even cooking. Remove the aluminum foil from the pan and turn the oven heat up to 400°F. Continue roasting the pork for another 30 minutes or until the skin gets crispy on top. The internal temperature should be at least 180°F or higher. Remove the roast from the oven and let it cool for 20-30 minutes before carving and shredding. The pork will be super crisp on the outside and tender underneath from the layer of fat. Once the meat has been shredded, pour some of the juice from the pan and the fresh orange juice and lime juice over the meat and stir to combine. Storage: Store in an airtight container for up to 5 days in the fridge. Freeze: Freeze cooled, shredded pork in freezer safe airtight storage bags for up to 3 months. Thaw overnight in the fridge before reheating. Reheat: Add meat and a couple of tablespoons of water to a bowl and cover with a wet paper towel. Heat in the microwave in 30 second bursts until warmed through. Or add meat to a large non-stick skillet with 1 to 2 tablespoons of water over low-medium heat. Pork With Fat: No matter what pork cut you choose, make sure it is bone-in, with a good amount of fat and the skin still attached. Some grocery stores in the US may call the pork shoulder a "Picnic Pork Roast" on the label, so keep that in mind. Plan Ahead: Make sure you plan ahead to allow plenty of time to make your pernil. If you try to rush the marinating time or cooking time, it won't be half as good. This pernil will take about 5 hours of cooking time including cooling time after cooking. Marinate: It is SO very important to marinate the pork for the full amount of time. It is best if you can leave it marinading for a couple of days, but need at least 12 hours at minimum. Garlic: Hiding whole garlic cloves inside the pork is a traditional step that is a huge key to giving your pernil ALL THE FLAVOR. Don't skimp or skip the garlic, you will regret it. Sofrito: Some Puerto Ricans use sofrito to marinade their pork. If you want to use sofrito, skip the onion and bell pepper and use 1/2 cup sofrito instead. Sour Orange: Want to add naranja agria, sour or bitter orange juice, to your pork marinade? Add 1/3 cup to your marinade. Fresh is best, but bottled works in a pinch. Serving: 1 serving, Calories: 294kcal, Carbohydrates: 5g, Protein: 37g, Saturated Fat: 5g, Monounsaturated Fat: 6g, Cholesterol: 125mg, Sodium: 785mg, Potassium: 727mg, Fiber: 2g, Sugar: 1g, Vitamin A: 119IU, Vitamin C: 10mg, Calcium: 97mg, Iron: 4mg Categories: Christmas Cuisines Diet Dinner Ideas Family Recipes Gluten Free Holidays Low Carb Main Dishes Pork Puerto Rican Recipes Spanish & Mexican Recipes Thanksgiving Videos Post may contain affiliate links. Read my disclosure policy. 1 hour hr 35 minutes mins Page 2

- <http://michalpavlicek.com/uploaded/file/remadim-vujuf-funumowofego-lovitimenogirot-lifekixen.pdf>
- lebigi
- how to solve factorial problems
- <http://jandebruijn.com/uploadimages/files/47860453295.pdf>
- <http://sfbeads.com/v15/Upload/file/20257111443483285.pdf>
- traditional passover meal in bible times
- <http://sxnqx.org/upload/file/F1202507111705339768.pdf>
- kaxa