

“Smoked” Pulled Pork 3 Way Nachos, Andouille Jalapeño Cheese Sauce, Chicharrones, Meyer Lemon Crema

Ingredients:

1 three pound boneless pork shoulder, trimmed of excess fat
1 lb pork belly (skin on), sliced into 1/2 inch cubes
2 teaspoons baking powder
Tortilla chips
1 cup sour cream
1 Meyer lemon
Scallion (for garnish)

Brine:

1 gallon cold water
1 cup kosher salt
1/2 cup brown sugar
1/4 cup liquid smoke

Glaze:

1/2 cup liquid aminos
1/4 cup liquid smoke
1/4 cup molasses
1/4 cup brown sugar

Spice rub:

1/4 cup brown sugar
2 tablespoons kosher salt
1 tablespoon smoked paprika
2 teaspoons onion powder
2 teaspoons garlic powder
2 teaspoons black pepper

Andouille Jalapeño Cheese Sauce:

6 ounces sharp cheddar cheese, grated
4 ounces Gruyère cheese, grated
1 ounce Swiss cheese, grated
4 oz andouille sausage, diced small
1 jalapeño, diced small
1 small poblano pepper, diced small
1 tablespoon sodium citrate
1 1/3 cups water, divided in half

Directions:

Combine the brine ingredients and whisk in a large plastic container. Place the pork in the brine, and cover with plastic wrap, and let the meat brine 8-12 hours overnight.

Set a water circulator to 180 degrees. Combine the glaze ingredients in a small bowl and whisk together. Remove the pork from the brine and pat it dry. Brush the glaze onto the pork, covering all surfaces, place into a plastic bag, and sous vide the meat for 8-12 hours.



Heat a convection oven to 275 degrees.

Remove the meat from the circulator, and dry it off. Combine the dry rub ingredients in a small bowl, and mix them well. Brush more glaze onto the pork and then rub liberally, covering all surfaces with a crust.

Place the meat on a wire rack in the oven, and slowly brown it for 3-4 hours. Remove the meat and let it cool slightly, then shred the meat.

Pork Belly Chicharrones

Mix the cubed pork belly with two teaspoons baking soda, and a teaspoon of salt, and let sit in the fridge overnight. Rinse the pork belly under cold water. Heat a wok over low heat and place the pork belly into it, cover with water, and slowly render out the pork fat over the course of 2-4 hours, turning the pork belly cubes occasionally. Once all the water has cooked out, the pork belly is tender, and the fat is leftover, increase the heat to medium high and fry the pork belly in its rendered fat until brown and crisp, 3-5 minutes. Remove and drain the fat. Season with salt and pepper to taste.

Cheese Sauce:

Combine the cheeses in a small bowl. Whisk to combine 2/3 cup of water and the sodium citrate in a small saucepan, and bring it to a simmer over medium heat. Add the cheese 1/4 cup at a time, whisking constantly, making sure that each addition of cheese is fully melted and incorporated before adding more cheese.

Reduce the heat to medium low, and slowly add the remaining 2/3 cup of water, scraping down the sides of the saucepan as needed. Keep stirring until the sauce has thickened slightly, about a minute. Remove from the heat and stir in the andouille sausage and jalapeño and poblano peppers. Sauce will continue to thicken as it cools.

Meyer Lemon Crema:

Zest the Meyer lemon and mix it into the sour cream. Add the juice of the lemon and stir.

To Assemble:

Warm the tortilla chips in an oven. Remove them and place on a large platter and top with shredded pork, the cheese sauce, Meyer lemon crema and chicharrones. Garnish with thinly sliced scallions.

****For Low FODMAP and Anti-Inflammatory Preparation****

Omit the onion and garlic powder from the spice rub, and omit the crema. The cheeses in the sauce conform to low FODMAP guidelines, but just to be safe, reduce the amount of cheese sauce you use on the nachos.