

Torta de Adobada



Preparation time: 30 minutes

Cooking time: 4-6 hours

Serves: 10

Profitability:

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Ingredients:

PULLED PORK

2.5kg boneless pork shoulder

50g Bisto Chicken Bouillon

2 lemons, zest & juice

1 orange, zest & juice

2 red chillies, finely chopped

10g cumin seeds, crushed

10g coriander seeds

20ml red wine vinegar

200g Homepride BBQ Sauce

PICKLED RED ONION

200g red onions, sliced

30g salt

10g mustard seeds

50g caster sugar

200ml white wine vinegar

TORTAS

1kg McDougalls Soft Bap Mix

550ml warm water

10g smoked paprika

SALSA

400g tomatoes, skinned, deseeded & chopped

100g onions, finely diced

2 cloves garlic, crushed

2 Habanero pepper, finely chopped

4 limes, juiced

Fresh coriander, chopped

Steps:

PULLED PORK

Pre-heat the oven to 150°C

Pat the pork shoulder dry. Blend the lemon and orange zests and juice, chilli, cumin, coriander and Bisto Chicken Bouillon and rub over the pork

Place in a roasting tray with the red wine vinegar, cover with parchment paper then foil and cook for 4 - 6 hours. Remove from the oven and rest for 1 hour

Remove the shoulder from the tray (reserve the juices), and shred into bite-sized pieces. Mix the remaining meat juices and bbq sauce together, then fold into the pork

PICKLED RED ONION

Bring the salt, mustard seeds, vinegar and sugar to a simmer. Add in the onions and cook covered for 5 minutes. Remove from the stove and cool

TORTAS

Pre-heat the oven to 200°C. Place the McDougalls Soft Bap Mix in a bowl fitted with a dough hook. Add the water and mix on a low speed for 1 minute

Add the paprika and mix for a further 6 minutes on a medium speed

Divide the mixture into 10 dough balls and shape into 14 inch-long rolls, scoring the top

Leave to prove for 15 - 20 minutes or until they double in size. Bake until golden brown

SALSA

Combine the tomatoes, onion, pepper, lime juice, garlic and coriander. Season to taste and place to one side

TO ASSEMBLE

Slice the fresh tortas in half and place a generous portion of the pulled pork inside

Top with the salsa, pickled onion and serve