

Pork Adobo Buns

Makes 8 servings

Pork

Ingredients:

1 Tbsp vegetable oil

31/4 to 31/2 lbs Swift Premium, Boneless Pork Shoulder, cut into 4 pieces

1 Tbsp salt

1 tsp freshly ground black pepper

8 cloves garlic, peeled and smashed

1/3 cup unseasoned rice vinegar

1/3 cup soy sauce

2 Tbsp brown sugar

2 bay leaves

8 hamburger buns

Cabbage slaw (See recipe below.)

Instructions:

Turn Instant Pot to saute. Add oil. Sprinkle pork with salt and pepper. Sear pork on all sides, about 8 to 10 minutes. Turn off Instant Pot. In the Instant Pot, combine garlic, vinegar, soy sauce, brown sugar and bay leaves. Secure the lid. Set to meat/stew, high pressure for 60 minutes, or until internal temperature is a minimum of 200 F. When done, set to warm for 10 minutes, and then quick release the Instant Pot.

Remove meat from the Instant Pot to a cutting board, reserving the juice in the I nstant Pot. Separate the fat from the meat. Shred the pork with two forks. Remove the bay leaves from the Instant Pot. Return the shredded pork to the Instant Pot to combine with juices. To serve, place shredded pork on buns. Top with slaw.

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Pork Adobo Buns

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Cabbage Slaw Ingredients:

4 cups cabbage, shredded

1 cup carrots, shredded

1 tsp salt

1/4 tsp freshly ground black pepper

1/3 cup mayonnaise

1/4 cup rice vinegar

1/4 cup cilantro, chopped

Instructions:

While the pork is cooking, combine cabbage, carrots, salt and pepper, mayonnaise, vinegar, and cilantro in a large bowl.

Recipe courtesy of Swift Premium, and the Pork Checkoff.





Pork Shawarma

Makes 8 servings

Pork

Ingredients:

 $3\frac{1}{4}$ to $3\frac{1}{2}$ lbs Swift Premium Boneless Pork Shoulder, trimmed and cut into 1" cubes

2 large lemons, juiced

1/3 cup extra virgin olive oil

6 cloves garlic, minced

- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 2 tsp salt
- 1 tsp freshly ground pepper

½ tsp red pepper flakes

8 pita flatbread

2 cups lettuce, shredded

1 tomato, diced

Yogurt sauce (See recipe below.)

Instructions:

In a large bowl or a plastic resealable bag, combine pork, lemon juice, olive oil, garlic, cumin, paprika, salt and pepper, and pepper flakes. Refrigerate at least 2 hours and up to 24 hours.

Preheat grill to 350 F. Place cubed pork on skewers. Grill 12 to 15 minutes, or until internal temperature is a minimum of 145 F, turning frequently. Serve pork on pita. Top with lettuce, tomato and yogurt sauce.

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Continued:

Pork Shawarma

Makes 8 servings

Yogurt Sauce Ingredients:

- 2 garlic cloves, chopped
- 1 tsp salt
- 2 cups plain greek yogurt
- 2 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil

Instructions:

While pork is cooking, in a large bowl mix garlic and salt until it forms a paste. Add yogurt, lemon juice and olive oil. Mix well.

Recipe courtesy of Swift $\mathsf{Premium}_{\scriptscriptstyle{(\!R\!)}}$ and the Pork Checkoff.

