



Calgary Herald, January 28, 2015

## Super tacos for the Super Bowl

For NFL fans, this Sunday brings the ritual of watching the Super Bowl, and the game just isn't the same without a few snacks! Our Braised Pork Tacos topped with Guacamole with Cilantro and Patio Pico de Gallo will bring some Tex-Mex flavour to your Super Bowl party. Everything can be made ahead of time so you can focus on cheering on your team!

Don't be intimidated by the long list of ingredients – simply blend together our spiced citrus marinade before browning the pork, then pouring the sauce over and letting it slowly braise in your oven, releasing an intoxicating aroma as your guests arrive. Warm the tortillas slightly in your oven before dishing out the tacos, or just lay out the pork and toppings and let guests serve themselves.

If tacos are a little too fussy for your crowd, our Guacamole with Cilantro and Patio Pico de Gallo also make great dips.

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### BRAISED PORK TACOS

1/2 cup fresh lemon juice  
1/2 cup orange juice  
1/2 cup pure white vinegar  
6 cloves garlic, chopped  
1 jalapeno pepper, halved, seeded and chopped  
1 tsp ground allspice  
1 tsp freshly ground pepper  
1/4 tsp ground cloves  
2 lb (1 kg) boneless pork shoulder roast, cut into 2 inch cubes  
1/4 tsp salt  
2 tbsps canola oil  
3 cups chicken broth  
8 flour tortillas (8 inch)  
Shredded Monterey Jack cheese\*  
Guacamole with Cilantro (recipe follows)\*  
Patio Pico de Gallo (recipe follows)\*

1. Preheat oven to 325°F.
2. Place lemon juice, orange juice, vinegar, garlic, jalapeno, allspice, pepper and cloves in a blender; blend until combined. Set lemon juice mixture aside.
3. Sprinkle pork with salt.

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4. Heat oil in a non-reactive ovenproof Dutch oven over medium-high heat. Add pork and brown on all sides. Add lemon juice mixture and broth; stir to combine. Bring to a boil. Remove from heat.
5. Bake, covered, for 2 hours or until pork is fork tender.
6. Transfer pork to a cutting board, reserving broth mixture. When cool enough to handle, use two forks to shred pork.
7. Transfer pork to a serving dish and cover with foil; set aside.
8. To prepare sauce, pour broth mixture into a small non-reactive saucepan. Bring to a boil over medium heat.
9. Reduce heat and simmer, stirring frequently, until broth mixture is reduced by half, about 10 minutes.
10. Place shredded pork over one side of each tortilla, dividing equally. Top pork with sauce, cheese, Guacamole with Cilantro and Patio Pico de Gallo. Fold tortillas in half. Makes 8.

Nutritional analysis per taco:

604 calories, 38 g fat, 34.3 g protein, 28.3 g carbohydrate, 1.7 g fibre, 1036 mg sodium

\*Ingredient not included in nutritional analysis.

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## GUACAMOLE WITH CILANTRO

- 2 ripe avocados, halved, pitted, peeled and cubed
- 2 tbsp fresh lime juice
- 1/8 tsp salt
- 1/4 cup chopped fresh cilantro
- 2 tbsp finely chopped onion
- 1 serrano chile pepper, halved, seeded and finely chopped

1. Place avocados, lime juice and salt in a bowl and mash together with a fork. Mixture will be chunky. Add cilantro, onion and chile pepper; stir to combine. Cover and refrigerate for at least 30 minutes or up to 4 hours.
2. Serve with tacos or tortilla chips. Makes about 1 1/2 cups.

Nutritional analysis per 2 tbsp serving:

41 calories, 3.7 g fat, 0.5 g protein, 2.5 g carbohydrate, 1.7 g fibre, 28 mg sodium

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## PATIO PICO DE GALLO

- 2 cups diced seeded Roma tomatoes
- 1/2 cup finely chopped onion



1/2 cup chopped fresh cilantro  
3 tbsp fresh lime juice  
1 serrano chile pepper, halved, seeded and finely chopped  
1/8 tsp salt

1. Combine all ingredients in a bowl. Cover and refrigerate for at least 30 minutes or up to 2 hours.
2. Serve with tortilla chips. Makes about 2 3/4 cups.

Nutritional analysis per 1/4 cup serving:  
10 calories, 0.1 g fat, 0.4 g protein, 2.3 g carbohydrate, 0.6 g fibre, 31 mg sodium

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