

PORK CARNITA MEAT By Vicki Wright on Monday, December 2, 2013 at 9:08pm

10 LBS pork shoulder fat trimmed and removed,

to each pint jar add,

1/2 tsp. canning salt

1/2 tsp. oregano

1/2 tsp. cumin

1/4 tsp. garlic powder

1/4 tsp. onion powder

1/2 tsp. orange juice concentrate

1 bay leaf

Fill jars 1 inch head space add ingredients to top of jar, wipe rims, place on lids, pressure can 75 minutes for pints 90 minutes for quarts at 11 pounds of pressure.

to serve discard bay leaf, shred with juice place in baking dish and bake at 400 about 15 minutes, until crispy on edges serve with tortillas, salsa, sour cream, cheese, and lettuce or cabbage shredded and tomatoes.