

Haitian Fried Pork (Griyo) with Ti-malice Sauce (Brian Keck)

1 habanero pepper or scotch bonnet pepper
¾ c. fresh orange juice (about 3 large oranges)
¼ c. fresh lime juice
3 T. minced shallots
2 T. minced fresh garlic
1 T. Dijon mustard
1 T. honey
2 t. salt

4 sprigs fresh thyme
3 lb. Boneless pork shoulder, trimmed and cut into 1 to 1 ½” pieces
2 c. fat-free low-sodium chicken broth
½ c. thinly sliced shallots
1 t. cider vinegar
2 T. fresh lime juice
1 t. freshly ground black pepper
1 t. canola oil

marinade:

Combine habanero or scotch bonnet, orange juice, ¼ c. lime juice, minced shallots, minced garlic, mustard, honey, salt and thyme in large bowl. Stir with a whisk. Add pork, toss to coat and chill 12 to 24 hours.

Pork:

Place pork and marinade in a dutch oven over medium-high heat. Add broth, bring to a boil, cover, reduce heat and simmer 1 ½ hours or until meat is tender. Remove pork from pan with a slotted spoon, reserving cooking liquid. Strain cooking liquid through a sieve into a bowl; discard solids. Place a large plastic zip-lock bag in a bowl. Pour reserved cooking liquid into bag; let stand for 5 minutes. Snip of 1 bottom corner of bag; drain liquid into medium saucepan, stopping before the fat layer reaches the opening. Discard fat. Set ½ c. cooking liquid aside. Place saucepan with cooking liquid over medium-high heat; bring to a boil. Cook 20 minutes or until reduced to about 1 c. Add sliced shallots, vinegar, black pepper, and 1 T. lime juice. Cover and keep warm. Heat oil in a large nonstick skillet over medium heat. Add pork; cook 10 minutes, turning to brown well on all sides. Add reserved ½ c. cooking and remaining 1 T. lime juice. Increase heat to medium-high; cook 4 minutes or until liquid nearly evaporates, stirring occasionally. Place pork in bowl, pour sauce over pork.

“This dish is supposed to be very hot, to control the spiciness somewhat, remove half (or more) of the seeds from the pepper. This is one of the most popular dishes in Haiti, there are many variations, and they are all very, very, good. The pork comes out wonderfully tender.”