

Tacos for all

Food Item:	Amount:	Notes:
One for all shells		
By Crunchy Kitchen	12 each (contains: plantains, avocado oil, Himalayan salt)	
Braised pork or other	1 lb. See instructions below for braising	
Sautéed vegetables		
as alternative		
Thinly sliced radishes	2 each	
Watercress or other green	1 head or as needed	
Cilantro	½ cup chopped	
Hot sauce of your choice	We like Popes Kitchen selections	
Lucky Penny goat feta	As desired, optional	

Procedure:

To braise the pork place into a crock pot along with 3 bay leaves, 1 teaspoon of real salt, 2 cups of water and 1 cup of Bragg's apple cider vinegar and cook on low until tender. Refer to your crock pot instructions for details. Alternatively preheat oven to 300°. Place pork into an oven safe baking dish with the same ingredients as listed above. Cover with parchment paper and aluminum foil or a lid if available. Roast for 3-4 hours or until tender. Tear the meat into shreds mixing with the liquid.

Building your tacos: Bring a large skillet to medium high heat. Place the shells on the skillet for about 30-60 seconds until very warm. Flip onto a plate. Next place about 1 oz of meat into each shell. Top with hot sauce, radishes and watercress.

*plantains are very low in fructose when green and is considered safe for most folks who need to be fructose free.



Café Avalaun
4640 Richmond Rd. Ste 200
Warrensville Heights, OH 44128
216-245-6666
www.cafeavalaun.com
chefbrian@cafeavalaun.com

The information above was provided by the chef and/or manufacturer. NEOFAN has not independently verified this information. It is each individual's responsibility to determine whether the product is safe. NEOFAN and its Partners are unable to assume any liability resulting from harm caused by its consumption. Your cooperation and understanding are appreciated.