



# Venezuelan Pernil

★★★★★

This Venezuelan Pernil is flavorful and so juicy and tender! Discover how to make this guest-worthy main dish without slaving over.

**Course** Main Course  
**Cuisine** Venezuelan

**Prep Time** 30 minutes  
**Cook Time** 3 hours  
**Marinade Time** 8 hours  
**Total Time** 11 hours 30 minutes

**Servings** 10 servings  
**Calories** 567kcal

## Equipment

- Roasting Pan
- Baster
- Knife

## Ingredients

- 1 (8 – 10 lb) whole bone-in skinless pork shank (pork ham)
- Salt and black pepper
- 1 large oven bag (optional)
- 1/2 cup (120 ml) cola soda
- 1/2 cup (120 ml) beer (any beer will work)

## Marinade:

- 1/2 cup (120 ml) canola or vegetable oil
- 1 1/2 cups (360 ml) orange juice
- 2 tablespoons (30 ml) lime juice
- 2 tablespoons (30 ml) Worcestershire sauce

- 15 garlic cloves, peeled
- 1 medium onion, chopped
- 4 fresh sprigs oregano
- 2 fresh sprigs rosemary
- 1 bay leaf

## Instructions

1. Rinse the pork and pat the meat dry with a paper towel. Then, use the knife to poke 1-inch deep holes into the meat on all sides. Rub salt and pepper generously all over the pork, working it into the punctures. Set aside.
2. Combine oil, orange juice, lime juice, Worcestershire sauce, garlic, and onion in a blender and blend until finely chopped.
3. Place pork in a large ziplock bag. Add marinade, oregano, rosemary, and bay leaf. Place in the fridge overnight.
4. Remove the pork from the refrigerator 1 hour before you start cooking.
5. Preheat oven to 350° F (180° C). Line a roasting pan with aluminum foil for easier cleanup.
6. **If using the oven bag:** Shake 1 tablespoon of flour inside the Reynolds® Oven Bag and place it in the roasting pan. Carefully place the pork and the marinade into the bag, making sure the bag's opening faces the end of the roasting pan, and not facing up. The bag should be inside the pan, not hanging over the pan's edges—close the oven bag with the included nylon tie.
7. **If you are not using an oven bag:** Place the pork and marinade in a roasting pan.
8. Bake for 2 to 2 ½ hours, or until the pork reaches an internal temperature of 150°F in the thickest part.
9. **If using an oven bag,** remove the roasting pan from the oven, cut open the top of the bag, and carefully remove it. If not, go to the next step.
10. Pour the cola soda and beer over the pork and return to the oven to roast for further 30 - 45 minutes, basting with juices the pork 2 -3 times, or until the pork reaches 160°F in the thickest part.
11. Remove pork onto a serving platter, cover loosely with foil and let it rest for 20 minutes before slicing.

12. Strain all the juices through a fine-mesh strainer to remove, fat, herbs, and bay leaf. If you want to thicken the sauce, place it in a saucepan and simmer on medium-high heat for 5 - 8 minutes or until it reduces down to a syrupy consistency. To thicken, even more, you can add 1 tablespoon of cornstarch mixed with 1 tablespoon of water to the sauce.
13. Cut meat from the bone. Serve and pan juices.

## Notes

**STORE:** Leftover Pernil can be refrigerated for up to 3 days, or frozen in a freezer-safe container for 3 months.

## EXTRA TIPS:

- Ask your butcher to trim off as much fat as possible from the pork.
- Cooking times will vary somewhat depending on the size of the pork and your oven, so using a meat thermometer is highly recommended.

## Looking for more Venezuelan recipes?

- Venezuelan Mondongo Soup [recipe+video]
- Instant Pot Venezuelan Oxtail Soup [Sopa de Rabo][Video]
- Venezuelan Asado Negro
- Venezuelan Pabellon Bowl [Video]
- Eggless Venezuelan Tequeños
- Venezuelan Flan Quesillo
- more

★ **Did you make this recipe? Don't forget to give it a star rating below!**

Please note that nutritional information is a rough estimate and it can vary depending on the products used.

## **Nutrition**

Calories: 567kcal | Carbohydrates: 9g | Protein: 79g | Fat: 21g | Saturated Fat: 12g | Cholesterol: 239mg | Sodium: 362mg | Potassium: 1334mg | Sugar: 5g | Vitamin A: 115IU | Vitamin C: 22.2mg | Calcium: 68mg | Iron: 3.3mg