



Pigtails



4 servings



2 hours

INGREDIENTS

- 2 lbs salted pigtails
- 1 large onion, chopped
- 2 cloves garlic, smashed
- 1 whole Habanero pepper
- 1 tsp black pepper
- 1 tbsp coconut oil
- Optional for serving: White rice, Boiled cassava, sweet potato, or plantains

DIRECTIONS

- Place the salted pigtails in a large pot and cover with water. Bring to a boil and let them bubble for 20 minutes. Drain the water. Repeat this process one more time with fresh water. This is crucial so the dish isn't too salty to eat.
- Return the pigtails to the pot. Add enough fresh water to cover them by about 2 inches.
- Add the onion, smashed garlic, whole habanero, and black pepper.
- Bring to a boil, then reduce the heat to a low simmer. Cover the pot and let it cook for about 1.5 hours. You'll know they're ready when the meat is very tender and the skin has a soft, almost sticky texture.
- Stir in the coconut oil during the last 5 minutes of cooking. This gives the broth a rich, silky finish.
- Serve the pigtails on a plate with a little of the cooking broth drizzled over them. They go best with a side of boiled ground foods (yuca or sweet potato) or a heap of white rice.