

BLW MEAT WEEK

5-DAY CRASH COURSE

BLW MEAT WEEK DAY 3 - PORK

Welcome to Day 3 of BLW MEAT WEEK: pork day. Today we are exploring how to safely prepare pork for baby-led weaning.

There are lots of cuts of pork: some that work better for BLW than others. We generally avoid the really salty preparations like bacon and ham. And solid strips of meat like pork chop that can't be easily shredded can also be a choking hazard for baby.

Hands down my favorite cut of pork for BLW is a pork butt. Pork butt (also called Boston butt) is similar to a pork shoulder. It's a very affordable cut and results in nice, soft, shreddable strips of moist meat that baby can easily self-feed.

Today's BLW MEAT WEEK recipe is for baby-friendly BLW pork carnitas. Carnitas are a Mexican dish meaning "little meats" in Spanish. Be sure to reserve the low sodium broth or cooking juice to offer alongside the carnitas to your baby.

And make sure you're offering the strips of meat with the juice out of a suction mat or bowl and not directly on the table or the tray. This helps stabilize babies who are just starting BLW by giving them a pliable barrier against which they can use their whole hand grasp to rake or scoop the strips of meat up and out of the bowl and successfully self-feed.

The bowls I like for BLW are from the company ezipz. They make the original silicone suction mats and bowls that promote independent feeding from your baby's first bites. Two great products for early eaters are the ezipz Tiny Bowl and the ezipz Mini Mat.

You can get 10% off everything at ezipzfun.com with my affiliate discount code KATIE10. Their [First Foods Set](#) is ideal for starting BLW at 6 months and it contains a Tiny Bowl, 2-pack of Tiny Spoons and their Tiny Cup for practicing open cup drinking.

For more information about feeding your baby pork, check out episode 175 of the [BABY-LED WEANING MADE EASY](#) podcast, [Pork: How to Safely Prepare Pork for Baby-Led Weaning](#).

Best of luck with the baby-friendly BLW carnitas and can't wait to see your babies trying out pork!

Happy Feeding!

-Katie Ferraro, MPH, RDN, CDE
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BABY-FRIENDLY BLW CARNITAS

Carnitas are a Mexican pork dish that means “little meats” in Spanish and are made from a pork butt or pork shoulder. These are 2 very affordable cuts of pork that result in soft, shreddable pieces of pork that babies can safely self-feed. You can crisp the carnitas and add extra salt for adults later on...just pull out the soft, no added salt meat for baby’s portion first, and be sure to serve with lots of reserved low sodium cooking juice or broth for added moisture that makes it easier for baby to safely swallow.

INGREDIENTS

- One 5-7 pound pork butt, bone-in or boneless
- 2 tablespoons dried oregano
- 1 tablespoon cumin
- ½ teaspoon black pepper
- 1 onion, diced
- 4 garlic cloves, smashed
- 2 oranges, juiced (about ½ cup orange juice)
- 2 limes, juiced (about ¼cup lime juice)
- 2 cups low-sodium chicken broth

INSTRUCTIONS

1. Mix oregano, cumin, and black pepper together to make a dry rub. Pat the pork butt dry and rub with the dry rub.
2. Place pork in a slow cooker or pressure cooker pot, fat cap side up. Add onion, garlic, orange juice, lime juice, and broth to pot.
3. Slow cook on high for 8 hours or pressure cook for 90 minutes. For pressure cooking, allow pressure to fully release naturally before opening the lid.
4. Uncover and remove cooked meat from pot. Meat should shred easily with a fork or knife. Cool to slightly warm or room temperature, and serve strips of meat with reserved cooking juice.
5. If pureeing, add some cooking liquid or additional water to the cooked meat, puree, and offer to baby from a pre-loaded spoon.

EASIER PORK RECIPE

For an easier/less involved way to prepare pork, take a pork butt, place it in a slow cooker or pressure cooker. Cover with no added salt broth. Slow cook on high for 8 hours or pressure cook for 90 minutes. For pressure cooking, allow pressure to fully release naturally before opening the lid. Shred and serve with cooking liquid.