

Slow Cooker

- [Pulled Pork \(Old Recipe\)](#)
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Pulled Pork (Old Recipe)

Source: Lisa, 100 Days of Real Food

Modified By: Michael D'Attilo

Spice Mixture:

- 1 tbsp dark brown sugar
- 3 tbsp paprika
- 2 tbsp coarse salt
- 2 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp dried thyme

Marinade:

- ~1/2 cup Honey
- ~1/4 cup Red Wine Vinegar
- ~3 tbsp Olive Oil
- 1-2 yellow onions, peeled and cut in half
- 1/2 cup Chicken Broth
- ~3 tbsp minced garlic

4-6 pounds pork shoulder, in at least 2 pieces.

Add chopped onion, broth, and garlic to the slow cooker, and splash with red wine vinegar.

Mix together spices. Add honey to spice mixture until it becomes a paste, and splash lightly with red wine vinegar. Slather pork generously with honey-spice paste, making more if needed.

Place the pork in the slow cooker and cook on low for 7-8 hours, or until the meat is tender enough to be easily shredded with a fork.

Remove meat from slow cooker and shred on a plate. If there is an excessive amount of liquid in the pot, pour it into a saucepan and cook it down slightly. Re-combine liquid and shredded pork in the pot and allow it to cook for a little bit longer before storing.

Serve w pork warm on buns, with cornbread, or on its own. Serve with coleslaw, barbeque sauce, hot sauce, etc.

Slow-Cooker Asian Peach Chicken

To Freeze/Slow Cook

- 1/4 cup honey
- 1/4 cup soy sauce
- 2 tablespoons butter, melted
- 2 tablespoons chili garlic sauce
- 20 oz boneless skinless chicken thighs (breast works too)
- 1 bag (12 oz) frozen sliced peaches

To Serve

- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 2 cups hot cooked white rice
- 1/2 cup sliced green onions
- 1/4 cup chopped fresh cilantro leaves
- 1/4 cup chopped roasted, salted cashews
- 1 lime, cut into wedges

Steps

- In labeled 1-gallon freezer bag, place honey, soy sauce, melted butter and chili garlic sauce; seal bag. Knead bag to mix well. Add chicken and frozen peaches; squeeze bag to thoroughly coat chicken and peaches in sauce. Lay flat, and freeze up to 3 months.
- Thaw 12 to 24 hours in refrigerator, until completely thawed.
- Pour contents of bag into 3 1/2- to 4-quart slow cooker. Cover and cook on Low heat setting 4 to 5 hours.
- In small bowl, beat cornstarch and cold water. Quickly stir into chicken mixture in slow cooker; cover. Increase heat to High heat setting; cook 5 to 10 minutes or until thickened.
- Divide rice among 4 bowls. Divide chicken mixture among bowls of rice. Top with remaining ingredients.