

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.

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