

Simple and Versatile Pulled Pork

The trick to this recipe is time, the meat should be cooked long and slow which makes for delicious pull-apart pork. We recommend using a Dutch oven or a coverable high-wall tray and cooking 3-4 hours at 300-325 degrees, begin checking the texture at 3 hours because all ovens are different. If you are halving the recipe adjust the time to 2-3 hours.

Season the pork chunks with salt only and heavily sear them in the Dutch oven or pan. Add the meat and all of the other ingredients to the cooking vessel and tuck it into the oven. If you desire a “crust” first of all do not ask the butcher to trim the fat off and crank the oven to 400-425 once the pork is at the desired tenderness for another 10-20 minutes which will color the outside nicely.

- 1 whole pork shoulder or butt cut into 4-6 pieces which have been generously salted and seared.
- 1-2 onions
- 1-2 large carrots
- 4-6 cups of your stock of preference
- Optionally:
 - add a beer or a cup of some white wine
 - add a bundle of dried herbs

In variations to this recipe listed below, the ingredients are all tossed in when everything is tossed into the cooking vessel. None of the recipes below are authentic but they are delicious and based upon kitchen staples of various cuisines.

Variations

Korean-Inspired Pulled Pork

*spicy ingredients can be omitted and it will still turn out delicious

- Simple recipe +
- ¼-½ cup of gochujang, a fermented spicy Korean pepper paste
- ¼ cup of soy sauce
- 3-5 small and peeled garlic cloves
- 2-3 scallions chopped into medium bite-sized pieces
- 1 cup of apple juice OR a blended apple or Asian pear

- ½ cup rice cooking wine or white wine or a beer will do

Mexican-Inspired Pulled Pork

*spicy ingredients can be omitted and it will still turn out delicious

- Simple recipe +
- 1 large or 2 small cans of tomatillos or 6-8 fresh and chopped tomatillos
- 3-6 cloves of garlic smashed
- the juice of 1-2 oranges or ½ cup of orange or pineapple juice
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon oregano
- 1-2 bay leaves
- 1 beer or cup of white wine

Classic American BBQ Pork Sliders

Once this recipe is cooked, shred the meat to your liking and pour in your favorite BBQ sauce. Serve in buns or with cornbread or really anything, top your favourite salad with this mixture for some great protein.

- Simple recipe + omit the carrots or chop them very small
- ¼ cup brown sugar
- 2 tablespoons of your favorite mustard
- 2 tablespoons of apple cider vinegar
- ¼ cup tomato paste