

# Pull Some Pork

June 2, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



What's not to love about a pulled pork sandwich? Yes, it could take some time to cook especially if you use the slow cooker method, but I can show you a way to make it in half the time. I have something for everyone, now let's cook!

Serves: 8 -10 Total time: 3 hrs

- Salt and pepper to taste
- 2 Tbsp brown sugar
- 2 Tbsp paprika
- 2 Tbsp of cumin
- 2 Tbsp garlic powder
- 2 Tbsp of oregano
- 1 Tsp cayenne pepper
- 4 pound boneless pork shoulder roast
- 2/3 cup apple cider vinegar

- 2 Tbsp Worcestershire sauce
- 1/2 Tbsp liquid smoke
- 1 1/4 cups BBQ sauce – use your favorite

### **Instructions**

Pre-heat oven to 375. In a small bowl, whisk together brown sugar, paprika, garlic powder, and cayenne pepper, oregano, and cumin together and set aside.

Place pork shoulder on a flat surface . We are going to break up this roast into large chunks. It does not have to be perfect, we want large chunks about 2 x2 inches. This will allow the roast to cook in a shorter time. You can leave whole, but will cook in about 4-5 hours, breaking it down will cook in 2-3 hours. Now salt and pepper all your pieces well in a large baking dish, and then sprinkle mixture over the roast. In another bowl, combine apple cider vinegar, Worcestershire and liquid smoke and drizzle over your pork pieces. Cover with foil nice and tight and place in oven. If using a slow cooker, cook on low heat 8 - 10 hours.

Remove roast from oven and shred (leave broth in pan). Return shredded pork to pan with broth (if broth is in excess strain some out) pour in barbecue sauce and toss. Return to oven uncovered for 20 minutes. This flavorful shredded bbq pork can be made with chicken or beef! And you don't have to top with slaw, although very delicious you can have a toppings bar for the crowd like pickles, avocado, pickled onions, even chips! Don't want a bun, you can have pulled pork nachos with all your nacho toppings and gooey melted cheese or place between flour tortillas and cheese and you have a quesadilla, top on a crispy corn tortilla with slaw and avocado and that's a tostada! Options are endless and delicious. Serve hot and have fun creating your favorite way of eating this classic dish. Enjoy!