

A Man's Cookbook for "THE HERD"  
By Robert Sturm

Kalua Pork

Ingredients:

- 3 pound Pork Roast, loin, shoulder or butt
- 2 cups Water
- 1 tsp. Wright's Liquid Smoke
- 1/4 cup Hawaiian Sea Salt



Directions

Preheat oven to 400F. Place pork fat-side up in a roasting pan or deep casserole dish. Combine water and liquid smoke; pour over meat. Sprinkle with salt. Cover and roast in a preheated oven for three hours. Pork should be 165F. Remove from pan and shred into pieces.

