

Noreen's Kitchen

Crock Pot Kalua Pork

Ingredients

5 to 6 pound pork shoulder
2 large bananas

2 tablespoons Hawaiian Red Salt or
Kosher salt
2 tablespoons liquid smoke

Step by Step Instructions

Line crock pot with aluminum foil so that it generously hangs over the sides. You are going to seal your meat up in the foil later, so you want to make sure you have enough now.

Rub pork shoulder with salt and place inside crock pot.

Evenly add liquid smoke to top of meat.

Wrap pork shoulder up in foil so that all edges are sealed and the meat is secured inside of what effectively is a pouch.

Place lid on crock pot and set to low. Cook for 6 to 8 hours.

I like to do mine overnight and then do the next step.

Check that meat is done and soft enough to shred, then removed the foil, by sliding it out gently from the crock pot. This should be fairly easy.

Shred the meat with two forks and test for flavorings. You may want to add more salt or smoke or both to suit your personal taste.

Keep the meat on warm until ready to serve.

Serve as is, or with rolls for sandwiches. Fresh pineapple slices or pineapple salsa is a wonderful accompaniment to this rich and delicious meat!

Enjoy!