

SLOW COOKED BBQ PULLED PORK



DAIRY WOMEN'S
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Cook Time:

8 hours in Slow Cooker

Ingredients

1.5kg pork shoulder or leg

1 Tbsp smoked paprika

1 tsp mustard powder

1 tsp thyme

2 tsps oregano

1 tsp garlic powder + 1 extra tsp

½ tsp cumin

Salt and pepper

½ cup apple cider vinegar

½-1 cup BBQ sauce depends how saucy you like it

Method

1. Cut the visible fat layer off the pork.
2. Rub over the herbs and spices and season with salt and pepper.
3. Place the pork into the Crock-Pot.
4. Pour around the apple cider vinegar and put the lid on the Crock-Pot.
5. Turn to low and leave to cook for 8 hours.
6. Pour out the liquid and reserve ½ cup. Place the liquid in a small bowl and scoop any fat from the top (you can add some ice cubes to cool it down and coagulate any fat which can make it taste a bit greasy) then mix through the BBQ sauce.
7. Using two forks, pull apart the pork in the Crock-Pot.
8. Season with salt, pepper and sprinkle over the extra spoon of garlic powder.
9. Mix through the BBQ sauce mixture.

