



Jared Briggs' Pulled Pork

An easy yet tasty summer dinner option. In Jared's home it comes with crunchy coleslaw and slider buns. The perfect platter to take to your mate's summer BBQ.

Ingredients

- 3 Tbsp Brown Sugar
- 2 tsp Paprika
- 1 tsp Mustard powder
- ½ tsp Ground Cumin
- Salt and Freshly Ground Pepper

- 1.5 Boneless Pork Shoulder (trimmed of excess fat)
- 2 tsp Vegetable Oil
- ½ Apple Cider Vinegar (or more to taste)
- 3 Tbsp – Tomato Paste

Method

Grate zucchini and squeeze out any excess moisture using a clean tea towel.

Combine 2 Tbsp of brown sugar with paprika, mustard powder, cumin and salt and pepper in a small bowl. Give the pork a good rub all over with the spice mixture. Heat oil in a large frying pan, add pork and turn until brown on all sides, about 5 minutes.

Remove the pork (leaving the juices in the pan) and transfer to a plate. Whisk ¼ cup of water into the frying pan and pour liquid into a slow cooker. Add the vinegar, tomato paste, 2 Tbsp of brown sugar and 2 cups of water, mixing to combine. Add the pork, cover, and cook on a low for about 8 hours. (Now enjoy the mouth-watering aromas that will fill your kitchen for the day)

Transfer pork to a cutting board. Strain liquid into a saucepan, bring to boil and cook until reduced by half (about 10 mins). Now for the pulling part – use a fork or roughly chop the pork and mix in a bowl with 1 cup of the reduced cooking liquid.

Serves: 4-8 people and take prep time 20mins, cooking time 8hrs.

Recipe supplied by

Jared Briggs – Allflex New Zealand General Manager