

Slow Cooker CLASSICS WITH CRANSTONS

RECIPE CARD



Slow Cooked Pulled Pork

SLOW COOKER: PULLED PORK

1.6Kg Cranstons Shoulder of Pork (remove the rind/skin if you wish) •
2 tbsp Sea Salt • 1 tbsp Pepper • 100ml Apple Juice • 1 tbsp Cornflour

COOKING TIME: 9 HOURS **SERVES:** 6

- Mix some of the salt and pepper together and rub thoroughly all over the Cranstons Shoulder of Pork. Keep the rest for later.
- Heat the oil in a large frying pan and brown the pork on all sides. Put the joint in the slow cooker, pour in the apple juice and cover with lid. Cook on low for 8 - 9 hours, or until tender and ready to pull apart.
- Remove the pork from the slow cooker, wrap in foil and leave to rest for 30 mins. Mix the cornflour with 1 tbsp cold water and add to the sauce in the slow cooker along with the rest of the seasoning mix. Cook on high for 20 mins, until thickened slightly.
- Shred the pork into chunky pieces with two forks and return to the slow cooker and stir into juices. Coat in BBQ sauce.

Why not try... adding chipotle sauce to the cooking juices to give an authentic Mexican taste.

PTO FOR...
**SLOW COOKED
BEEF & SQUASH
STEW**