

PULLED PORK

INGREDIENTS

2+ kg Pork shoulder
1/2 cup brown sugar
1/2 cup vinegar
1.5 cup Coca-Cola
2 tbs crushed red pepper flake
2 tbs spicy brown mustard
4 cloves garlic, minced
1 tablespoon cayenne seasoning
1 cup ketchup
1 red onion, cut in two



PREPARATION

Mix all the marinade ingredients together and put in cooking vessel, keeping the onion to the side. Put pork on top of marinade and place onion on the sides. Cover with lid or aluminium foil. When the pork is ready it is easily shredded. That is the key. Pull with a fork until you reach the bone. Mix with the cooking liquid until all coated. Add more BBQ sauce when serving, if desired.

Warming drawer- Max temp on plate cook (diagram with plate and lines) for 10-12 hours.

Steam Oven- 180 degrees for 3.5 hours

Convection Oven- 225 degrees for 4.5 hours

Induction Cooktop- level 9 for 15 minutes then level 4 for 6 hours.