



Pulled Pork

INGREDIENTS

- 875g pork neck
- 2 red onions
- 4 cloves of garlic
- 2 bay leaves
- ¼ cup olive oil
- 1 tsp cumin ground
- 1 tsp smoked paprika
- 1 tsp smoke powder
- 1 dried smoked chipotle chili
- 1 dried Habanero chili
- 2 tbsp tomato paste
- 1 tbsp brown sugar
- Salt, pepper to taste
- 1 Corona beer
- 1 orange



Serves: 4



Prep Time: 6 min



Cooking Time: 1 ½ - 3 ½ hr

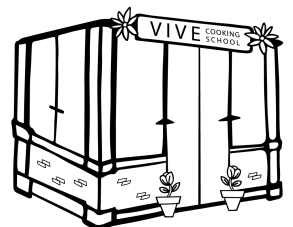
METHOD

1. Dice the pork (roughly 4cmx4cm) with the skin and place into the pressure cooker.
2. Peel the onions and cut them into quarters. Crush the garlic with skin on.
3. Place onions, bay leaves, garlic, paprika, sugar, cumin, tomato paste, both chilies, smoked powder, salt, pepper and the corona beer into the pressure cooker.
4. Squeeze the orange into the pressure cooker and add the orange also.
5. Add water to cover all ingredients.
6. **COOKING (pick which option applies to you below)**
 - **Stove top pressure cooker:** Bring to the boil, cover with lid (ensure to lock lid on) and then reduce to a low heat. Cook for 1 hour and 15 mins
 - **Bench top pressure cooker:** Close and lock lid, set on manual cooking setting for 59 mins and press start.
 - **Cooking without a pressure cooker:** the only differences are: place all the ingredients into a pot on the stove top. Bring to the boil and continue to boil for 3 hours or until pork is soft and falling apart. (keep in mind you will need to check from time to time to make sure liquid is always covering ingredients (if not, add water when necessary).
7. Once cooked, strain pork (ensuring to keep liquid) and rest for 5-10 minutes.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool





8. Place only the pork onto a chopping board and using 2 forks, shred the meat into thin strips. Season with salt.
9. Heat up a frying pan until hot. Quickly place pulled pork, oil and cooking liquid (enough to almost cover) into the hot pan. Cook on high heat, without stirring until the meat starts to crisp up at the bottom and liquid is gone.
10. Turn heat off and rest for 2 mins (this makes it easier to scrape the bottom of the pan for delicious crispy, crunchy bits).
11. Serve with tortillas and condiments.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

