



Originally an American invention to use the front parts of a Pig which we usually make into Sausages. Pulled Pork is a great way to use the ver cheapest cuts. This joint was less that £2. Yes it is a bit of boneless shoulder and yes it would heve been touch as old boots! But not this way.

Note:- Sue is not keen on BBQ sauce so I used a simple gravy at the end of the process to moisten the meat.

Ingredients:-

Pork Shoulder cut. Bone in or out, it's down to what is available.

Stock, beef, chicken or if you have your own any base stock will work.

Sale & Pepper.

Oil.

Method:-

- (1) Don't start this expecting to eat in less than 3 hours!.
- (2) Turn the oven up to 200c or so.
- (3) If using Stock Cube mix with boiling water stir well and set aside.
- (4) Mix the Salt and Pepper with the Oil and rub the meat well.
- (5) Add the Stock to an oven proof dish.
- (6) Place the joint in the dish and put in the oven on a very high heat for the first 20 minutes.
- (7) Lower the heat to 140c and cover with foil.
- (8) Go away, take the kids out. Clean the loo. Do whatever will distract you from the cooking smells for at the very least 2 ½ hours.
- (9) When the meat is really over cooked and very tender take it out and on a board run two forks

against each other to shred the meat.

(10) Add Gravy or BBQ sauce and stir well.

(11) Re-heat in a pan if required.

Serve in a Yorkshire Pudding with vegetables of your choice.