

We took advantage of a ½ price offer on Pork Shoulder a few days ago. Even the smallest joint was a bit too much for us in one meal. So we had probably about 400g of cooked shoulder in the fridge. So an old kitchen trick from our time at The Inn on The Green came into play. We often had bits and bobs left from the Sunday Carvery and the best way to deal with previously cooked Pork is to basically cook it to death in a sauce and run a fork though it. You?ve got DIY pulled Pork and it?s made from waste effectively. Works really well on a burger!

Ingredients:-

Chilled previously cooked Pork Shoulder
1l of Beef stock
Tomato Puree
Tomato Sauce Jurk Sauce

Method:-

We used a pressure cooker, but you can do this in a covered pan with ease.

Pan Method:-

(1) Submerge the cooked Pork in the Stock and bring up to the boil.
(2) Reduce to a simmer and cook for several hours until the meal starts to fall apart. Top up with

water as required.

Pressure Cooker Method:-

(1) Add the Stock and Pork to the pressure cooker and seal the lid.
(2) Set the Pressure Cooker for ?Stew? and power it up.
(3) The cooking time will be about 30 minutes, but just add time if required.

Combining the Sauce:-

(1) Drain the Pork.
(2) Using a couple of forks strip it into shreds.
(3) Set aside any fatty bits or gristle. (If you don?t already have one a Cat or Dog are cool accessories at this stage! But remember you keep them for life!!!!)
(4) In a large bowl mix in the sauces with the hot pulled Pork.

Sue isn?t overly keen on pre-made BBQ Sauce, but this was as near as you?re likely to get flavour wise and it was really good in our burgers.