



## Slow Cook Bone-in Pork Shoulder

### INGREDIENTS

- 1 Bone-in 100% New Zealand Pork Shoulder Roast ~2kg
- 1 cup liquid such as cider vinegar, apple juice, green ginger wine
- 3 apples, peeled, cored and quartered
- 1 large onion, peeled and sliced
- Flavouring ingredients such as
  - o 6 whole cloves, ¼ cup lime marmalade, 3 kaffir lime leaves
  - o 1 bayleaf, ½ tsp ea sage, rosemary and thyme
  - o 1 Tbsp each sweet chili sauce, minced garlic, dark soy sauce, golden syrup

### METHOD

#### Slow Cooker

1. Place all the ingredients in a Slow Cooker, place on the lid and slow cook for 5-6 hours on High or 10-12 hours on low
2. Remove the meat from the slow cooker and simply pull apart
3. Serve with a pour-over of the cooking juices

Preparation Time – 10 mins

Cook Time – Slow Cooker 10-12hours  
Slow Oven – 8 hours

### Serving Suggestions

- Serve for dinner with mashed potatoes and blanched green vegetables such as spinach or silverbeet
- Pull apart and serve any leftover pork in buns or sandwiches

#### Slow Oven

1. Preheat oven to 150°C.
2. Place shoulder roast on rack in lined baking tray.
3. Mix all remaining ingredients together and rub/pour over the shoulder roast.
4. Roast low in oven for 8 hours until the pork literally pulls apart.
5. Rest 15 minutes.
6. Collect all pan drippings and strain into a saucepan with 1 cup water and simmer for 10 minutes until thickened.
7. Pull the pork apart with two forks and stir in the thickened drippings.

[WWW.DUROC.CO.NZ](http://WWW.DUROC.CO.NZ)

