

fuss free flavours

tasty stuff without the fuss



Recipe: Perfect Asian Spiced Pulled Pork

You need to start this recipe 36 hours before you want to eat. The actual hands on time is very very little. The brining makes the pork incredibly tender.

Serves 10 -12

Ingredients

3 – 4 kg / 7 – 9 lb piece of pork on the bone
6 tbs salt
6 tbs brown sugar
4 bay leaves

For the Spice Mix

1 tbs ground chilli
2 star anise – ground
1 tbs cumin – ground
1 tbs coriander seed – ground
6 cloves garlic – smashed
1 tbs miso paste – I used barley miso
1 tbs sea salt
2 tbs soy sauce
4 tbs brown sugar

Method

Put all the ingredients for the spice mix into a bowl and mix well.

Remove the skin from the pork, and find a casserole that it fits into – I used my preserving pan. Dissolve the salt, sugar into a 2 litres of water and stir in 3 tbs of the spice rub. Pour over the pork and leave to soak for 24 hours in a cool place. If you buy your pork in advance and will be freezing it remove the skin before freezing. I put my frozen pork in the brine, so it brined and defrosted at the same time.

After 24 hours remove the pork, and dry it off with some kitchen paper. Rub the remainder of the spice mix well into the meat. If needed tie the joint up with some kitchen string.

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Place the meat in your slow cooker or crockpot and cook on high for 2 hours, then turn down to low for another 10, baste the meat occasionally. I cooked with the lid ajar for the last few hours. Alternative place in the oven on the lowest setting and cook in a heavy casserole dish. If I want the pork for dinner I start cooking it first thing, for lunch I cook it overnight.

I found that lots of juice came out of mine so I skimmed it off and froze it for stock.

When done remove the joint from the slow cooker, and shred the meat with two forks.

Freezes well.