

SERVES 4



PULLED PORK SHOULDER IN BARBEQUE SAUCE

INGREDIENTS

1 kg to 1.2 kg pork shoulder
1 tbs BBQ spice
1 tbs salt

½ tbs coarse black pepper
1 tbs Garlic salt
2 to 3 cup BBQ sauce (your choice of brand)

METHOD

Place pork shoulder in a Twinsaver Freezer Dish.
Mix all the spices together and sprinkle over the pork – massage spice mixture into the meat. Cover with Twinsaver Heavy or Non-stick Foil.
Leave in fridge for 2 – 3 hours (or even overnight).
Pre-heat oven to 140 C.
Cook the pork for 3 hours on medium- low heat (covered).
Remove the cover and cook for 45min at 160 C.
Remove the pork from the oven and let it rest for 15min.
Shred the pork meat with a fork (at this point meat should fall off the bone).
Add the BBQ sauce and mix well into the shredded pork meat.
Serve on a roll or with mashed potatoes and coleslaw.

COOKING TIP: Low heat and slow cooking will ensure that the meat is moist and tender.