

SLOW COOKER BOURBON PULLED PORK

Lindsay Wallace, FRESHFARM Deputy Director of Programs

Makes about eight very generous sandwiches

INGREDIENTS

3 lb. pastured boneless pork shoulder/Boston butt or 4 lb. bone-in pork shoulder

I cup ketchup (try
homemade)

1/3 cup balsamic vinegar

I/3 cup packed dark brown sugar

1/2 cup bourbon

3 Tbsp Worcestershire sauce

2 cloves garlic, grated

I/2 tsp salt

2 teaspoons smoked Spanish Paprika

Freshly ground black pepper

Cold weather and potential snow days call for soul warming meals, such as a sandwich piled high with tender pulled pork. This recipe calls for a slow cooker, which means you can just set it and forget it! Most FRESHFARM farmers sell bone-in pork shoulder rather than boneless. If you can only find bone-in, fret not. After it's fully cooked, fish out the bone (which adds depth of flavor) before you shred up the meat.

METHOD

Whisk all sauce ingredients together in a bowl and season to taste.

Pat the pork dry and generously salt & pepper on all sides. Heat a large cast iron Dutch oven (or deep skillet) over medium heat. Brown the pork carefully on all sides. Do not flip it until it releases from the pan on its own! This will take 6-10 minutes per side.

Transfer the pork to a slow cooker. Add sauce and turn to coat. Cook on the low setting for 8 hours. Using two forks, shred the pork and incorporate evenly into the sauce.

Serve on high-quality potato hamburger or slider buns with your favorite coleslaw and Gordy's Cherry Pepper Spread.