



Slow Cooked Pulled Pork



the Smart Oven® Air Fryer Pro

Breville

Slow Cooked Pulled Pork



Prep 15 minutes + overnight marinating
Cook 6–8 hours (HIGH) / 8–10 hours (LOW)



Serves 20, as part of burgers or tacos



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Spice rub:

- 2 tablespoons kosher salt
- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 teaspoon freshly ground black pepper
- 1 teaspoon red pepper flakes
- ½ teaspoon dry mustard
- ¼ teaspoon cayenne pepper

Pork:

- 6 pounds (2.7kg) boneless pork shoulder
- 1 large onion, thinly sliced
- 4 cloves garlic, peeled and crushed
- 1¼ cup (300ml) apple cider vinegar
- ¼ cup (60ml) Worcestershire sauce
- ½ cup (120ml) water

Method

1. Combine spice rub ingredients in a small bowl. Coat pork with spice mixture and place in a large bowl. Cover and refrigerate overnight.
2. Place onion and garlic in a large (5½ quart/6 liter) Dutch oven. Place pork on top of onion and garlic. Pour over any juices that may have accumulated in the bowl.
3. Add the cider vinegar, Worcestershire sauce and water to a medium bowl, stir to combine. Pour the mixture over the pork and cover with lid.

4. Insert wire rack in rack position 8. Select SLOW COOK/CONVECTION and HIGH/6 hours or LOW/8 hours. Press START to preheat oven.
5. Cook on HIGH for 6–8 hours or LOW for 8–10 hours, until pork is tender and shreds easily.
6. Remove pork to a bowl and shred with two forks. Skim fat off cooking liquid and return pork to Dutch oven.

Serving Suggestions

1. Stir 1 cup (240ml) BBQ sauce through pork and put on burger or slider buns. Top with coleslaw and jalapenos.
2. Sauté pork in oil and put in tortillas to make tacos. Top with salsa.

Homemade BBQ sauce



Prep 5 minutes / Cook 50 minutes



Yields 2 cups (480ml)

- 2 cups (480ml) tomato puree
- ¾ cup (160ml) cider vinegar
- ½ cup (120ml) molasses
- ¼ cup (80ml) Worcestershire sauce
- ½ cup (100g) brown sugar

- 2 teaspoons smoked paprika
- 1 clove garlic, minced
- 2 tablespoons mustard
- Kosher salt, to taste

Method

1. Combine all ingredients in a medium saucepan.
2. Cook on medium heat, stirring, for 10 minutes or until smooth and combined.
3. Reduce heat to low and simmer, stirring occasionally, for 40 minutes or until sauce has thickened and turned maroon in color.
4. Season to taste with kosher salt. Cool completely.