

BALSAMIC AND HONEY

pulled pork

»— The Vitals —«

Serves: Figure on 1 pound of uncooked shoulder per person.

Prep Time: 15 minutes

Cook Time: 6-8 hours

Supplies: Slow cooker like a Crock-Pot®

»— What You Need —«

One pork shoulder butt roast

1 cup balsamic vinegar

1 cup honey

1 cup broth (add a bit more if your roast doesn't have liquid about halfway up the side.

This will depend on what kind of crockpot you put it in. And the size of the roast.)

1 T. rosemary

1 tsp. thyme

2-3 bay leaves

2 tsp. salt

Fresh ground pepper to taste

»— How To —«

Put roast and all ingredients in crockpot. It is preferable to cook the roast on low for 6-8 hours. You can test it by putting a fork in the roast and if it pulls apart easily then it's ready. It will be cooked through before that but it is most tasty if you can cook until it is falling apart. The shoulder is a unique cut. It has a considerable amount of fat and connective tissue that breaks down in the slow cooking process and leaves super tender juicy-ness behind.

After the roast is done remove the meat and cover with foil. Pour off the liquid into a sauce pan and reduce. Simmer on medium to medium low for as long as it takes to get the sauce as thick as you want it.

Then serve the sauce over rice, quinoa or mashed potatoes.