

# Slow Cooker Recipes



## Slow Cooked Pulled Pork

*Succulent pulled pork is oh-so simple in a slow cooker!*

### Ingredients

- **1kg Pork Shoulder (skin removed) (from The Artisan Butcher's Slow Cooker Pack)**
- 2 tbsp vegetable/sunflower oil
- 1 onion, sliced
- 2 tsp smoked paprika
- Half tsp cinnamon
- 1 tbsp plain flour
- 4 garlic cloves - peeled and crushed
- 160ml cloudy apple juice (or cider)
- 1 tbsp black treacle
- 2 tbsp honey
- 3 tbsp apple cider vinegar
- 50g onion marmalade
- Salt and pepper

### Method

- Turn on the slow cooker to HIGH to start to warm up
- In a small bowl mix the flour with 1 tbsp salt, 1 tsp black pepper, the smoked paprika, and cinnamon and rub the spice mixture all over the pork
- Heat oil in frying pan and sear the pork on all sides until golden brown.
- Put the sliced onions into the slow cooker and put the pork on top
- Mix all the other ingredients in a jug and then pour over the pork
- Put lid on slow cooker, turn down to LOW and cook for around 8-10 hours
- Remove meat from slow cooker and in a large bowl pull it into bite size chunks with 2 forks
- Add some of the cooking juices to the pork and mix together

### Serving suggestions

- Serve piled high in a bread roll
- Try serving with fennel and apple slices that you've tossed in a little lemon juice
- Spread the rolls with a little English mustard or mayonnaise if liked
- If you've any left then freeze in portions for a quick supper to reheat

*Thanks to BBC Good Food for inspiring this recipe*