

Slow-Cooked Pulled Pork

Enjoy pulled pork, an easy one-pot recipe which is delicious and surprisingly simple to make. Moist and tender pork is perfect for sandwiches or on tacos. Try our No-Knead Brioche with pulled pork.

Yield: About six to eight servings.

Timing: 20 minutes preparation and 10-11 hours in the Folding Proofer & Slow Cooker. If it is convenient, turn the pork butt over halfway through the cooking.

Ingredients	Volume	Grams	Ounces
Smoked paprika	3 T	36	1.3
Salt	1 T	18	0.6
Black pepper	2 tsp	6	0.2
Cayenne pepper	¼ tsp	0.5	0.02
Brown sugar	1 tsp	5	0.2
Ground cumin (optional)	¾ tsp	1.2	0.04
Honey	½ C	170	6
Red wine vinegar	¼ C	56	2
Olive oil	¼ C	56	2
Garlic cloves, thinly sliced	3	15	0.5
Onion, large	1	340	12
Pork butt (or pork shoulder)	3-3½ lbs	1.5 kg	56

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, metal 6-quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer Model FP-101 or FP-201 may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the chicken after 6 hours. Internal meat temperature should be at least 195 °F / 90 °C for tender pork.

Getting Ready. Remove the water tray and rack from the Proofer. Select Slow Cook Mode. Set the temperature at 195 °F / 90 °C.

Combining. Whisk together the smoked paprika, salt, black pepper, cayenne pepper, cumin, and brown sugar in a small mixing bowl. Add honey, red wine vinegar, and olive oil to the spices. Stir until thoroughly combined. Gently stir in garlic slices just enough to coat them.

Preparing the Pot. Cut the onion into thick slices and place on the bottom of your stock pot. Cut the pork butt in half and place each piece on top of the onion slices. Spread the honey spice mixture over the top of the pork and place the lid on the pot.



Covering and Cooking. Place the covered stock pot directly on the center of the aluminum heating plate in the Proofer. Close the Proofer and allow the pork to cook for a total of 10-11 hours. Halfway during the slow cook process you can turn the pork over once. After 10 hours, check the interior of the pork with a thermometer. We recommend a temperature of 195-200 °F / 90-93 °C for tender, juicy pork which pulls apart easily.

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.