



XMAS PULLED PORK

Prep: 40 mins – Oven: 9 hours – Serves 8-10 – Takes some time

For the pulled pork:

2.2kg boneless pork shoulder joint
150ml cider
50ml cider vinegar
80ml maple syrup
50ml soy sauce
3 tbsp oyster sauce
1 tbsp fennel seeds
1 tbsp cumin seeds
4 cinnamon sticks
2 star anise
1 ½ tsp black peppercorns, crushed
1 ½ tsp smoked paprika
3 garlic cloves, crushed
1 tsp chilli flakes
2 tsp salt

To serve:

Fresh coriander, chopped
lingonberries, in syrup

Preheat the oven to 130°C fan. Heat a griddle pan and fry the pork on all sides for approximately 8 minutes. Set aside.

Put all the ingredients except the pork shoulder into a heavy-bottomed saucepan that's large enough to snugly fit the pork joint. Put on the hob and bring to a simmer.

Remove the saucepan from the hob and place the pork joint into the hot liquid. Close with a lid and cook in the oven for 1 hour, turning the meat halfway through.

After 1 hour, reduce the oven temperature to 110°C and cook for another 2 hours, turning the meat halfway through.

After 2 hours, reduce the temperature to 100°C fan and cook for another 5 to 6 hours, turning the meat every hour and a half, until the meat is really soft..

Once the meat is really soft, remove it from the casserole and, using two forks, shred into bite sized pieces. Put the shredded meat back into the saucepan and toss it so that it soaks up some of the juices. Serve with bacon-wrapped pears and pommes duchesse.

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