

Hawaiian Pulled Pork



This is a truly traditional recipe of pork butt, good sea salt and liquid smoke cooked slowly until it falls apart

Recipe from: Ken Hulme, The Kilted Cook Personal Chef Service

Serves ~ depends upon the size of pork used

1+ pounds pork butt, lean

1t Liquid Smoke per pound of meat

1T sea salt per pound of meat

Fresh banana leaves, optional ~ see your local florist

Preheat oven to 325. Grind sea salt in spice grinder.

Slash roast in 1" diamond pattern about 1/2" deep. Rub salt on all sides, getting down into the groves. Drizzle the Liquid Smoke over all sides.

Place meat in tight fitting casserole or Dutch oven. Fill with water 3/4 of the way up the side of the meat, top with banana leaves and cover.

Roast 2~4 hours or until meat falls apart when pulled with a pair of forks. Remove meat from pan, reserve liquid, discard leafy stuff. Pull meat into long shreds. Chop shreds into 1/2" or less lengths. Return meat to reserved liquid and toss to absorb.

Serve on sweet Hawaiian buns.

Prepare Ahead Tip

Keeps refrigerated, covered, for 4 days.

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com