

BBQ Pulled Pork

Ingredients

1 (4lb) pork shoulder, excess fat removed
200 g (7oz) barbecue sauce

FOR THE MARINADE

1 tbsp. light brown sugar
2 tsp. worcestershire sauce
2 tsp. sweet smoked paprika
1 tsp. chilli flakes
2 tsp. mustard powder
Few sprigs thyme, leaves picked

2 garlic cloves, crushed

3 tbsp. white wine vinegar

TO SERVE

Brioche burger buns

Small handful fresh coriander leaves

Coleslaw

Hot chilli sauce

Method

1. If you can, marinade the pork overnight before you plan to cook it. In a large bowl, mix the sugar, Worcestershire sauce, spices, thyme and garlic together then stir in the vinegar to make a paste. Add the pork and rub all over. Cover with cling film and leave to marinade in the fridge overnight. If not marinating, mix the ingredients together with generous seasoning, rub over the pork, then put into the slow cooker.
2. If you have marinated the meat, lift the pork out of the bowl and add to the slow cooker, discarding the juices. Season the pork well. Pour in the barbecue sauce and toss the pork in the sauce to coat. Cook on low

for about 8hr, or until the pork shreds easily. Halfway through the cooking time, quickly open the pot, turn the pork joint over and cover quickly with the lid again (don't leave the pot uncovered for longer than necessary, as the meat will take longer to cook).

3. Transfer pork to a large board and shred with two forks. If you want a thicker sauce, pour the juices from the slow cooker into a large saucepan and boil until reduced down to a thicker consistency. Add the shredded pork to the pan and stir to coat. Serve in brioche burger buns with coleslaw, some coriander leaves and a few drops of hot chilli sauce.