
KITCHEN CONNAISSEUR

Saucy Moroccan Pulled Pork Tasting Style



Pulled pork has become a mainstay for serving a crowd. It is not difficult to prepare, but it does take time to “slow cook” and allow the meat to become so tender that it falls off the bone.

Pork butt, despite its colorful name, does not come from anywhere near the butt or behind of the pig. Pork butt is a cut of meat from the shoulder of the pig. Technically, "pork butt" (as well as Boston butt, a different name for more or less the same cut), comes from the thicker section of the shoulder where there is more intense marbling. This makes the "butt" an excellent cut for pulled pork and barbecue. Cuts labeled "shoulder" (including a "picnic shoulder") are from the thinner, triangle-shaped end of the shoulder (it would be attached to the "butt" if they weren't separated into smaller cuts.) You can trim the fat or leave it – both ways work, but I like to leave it on and strain it off (for extra flavour) during the preparation process.

This recipe freezes well, and it is ideal to make ahead.

Serves 20 tasting style portions.

Preparation time: Allow 3 days...one to marinade, one to slow cook, one to finish!

ingredients

GROUP A

4 Tbsp

1/2 tsp

1/2 tsp

1 Tbsp

3-4 pound (1.5-2 kg) **Pork shoulder roast** (I like to use the bone in cut because it adds flavour during the slow cooking process)

2 Tbsp

GROUP B

2 cups

1 jar (500 ml)

1 whole

900 ml

To taste

To taste

To taste

20

Moroccan Spice Blend

Salt - preferably fleur de sel

Pepper - freshly ground

Roasted Garlic Olive Oil

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Red wine

Sun Dried Tomato Sauce

Orange - fresh, unpeeled, cut into 6-8 wedges

Beef or chicken stock, low sodium Water

Moroccan Spice Blend

Salt - preferably fleur de sel

Pepper - freshly ground

Buns, slider size, crusty consistency

instructions

1. Combine the first 4 ingredients in Group A, to make a moist rub. Rub the pork – all over – with the rub. Cover and chill. Let marinate for at least 3 hours, a full day would be ideal. Remove from the fridge and allow to sit at room temperature for 1 hour before cooking.
2. Preheat oven to 300 F
3. In a large roasting pan ,which can be covered and transferred to the oven, heat the oil on medium high heat. Sear all sides of the pork until golden brown, remove the pork from the pan and set aside. Deglaze with red wine, stirring constantly to remove the bits of meat/flavour. Add the Sun Dried Tomato Sauce and orange wedges. Simmer for 5 minutes, continuing to stir and deglaze the pan.
4. Place the pork roast back in the pan. Pour the stock over the top. Fill roasting pan with water, leaving 1 inch of the pork roast out of the liquid. Cover with a lid and cook in the oven for 7-8 hours (the longer you cook, the more tender it will get) Cooking times may vary depending on the size of your roast. This can also be done in a slow cooker but it may take a little longer.
5. Once the pork is tender enough pull the roast out, loosely cover it with tin foil, and set aside to cool a bit. Once pork is cool enough to handle, pull pork away from roast, it should fall off the roast – in shreds. Let cool to room temperature, cover and refrigerate until ready to complete the final steps...below.
6. Meanwhile...remove the orange wedges from the liquid. At this point the fat needs to be strained. If you have time – allow the liquid to cool overnight (once it has reached room temperature it should be put in the fridge) and peel the layer of excess fat off. If you do not have time to let this sit overnight strain the cooking liquid by skimming the fat off the top, with a large spoon or a fat separating cup.
7. Bring the remaining liquid to a boil over high heat, boil until reduced to 3 cups, which will take about 30 minutes. Add the shredded pork, reduce the heat and simmer until hot, approximately 5 minutes. Flavour to taste with additional Moroccan Spice Blend, salt and pepper.
8. Serve on crusty buns - toasted, grilled or plain.