

Asian Pulled Pork



Makes:

8 - 10 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
small mixing bowl

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Recipe:

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2 - 3 pounds

pork roast, trimmed of excess fat
(907 g - 1.4
kg)

1 cup

water
(240
mL)

Directions:

1. Place pork roast in bottom of MP5. Pour in water, add bouillon granules and place onions around the roast. Cover.
2. Set temperature probe at 170°F/75°C and cook for 7 – 9 hours. When cooked it should be very tender and easy to shred with a fork.
3. Drain juices and discard onions.
4. Place meat on cutting board and shred meat using two forks. Return to MP5.
5. In a small mixing bowl, combine soy sauce, Worcestershire, garlic, brown sugar and oyster sauce. Pour over shredded meat and stir to blend.
6. Cook another 30 minutes at 170°F/75°C, until flavors are blended. Serve over hot cooked rice or ramen noodles.

Tips:

- Shoulder, picnic, butt, or Boston pork cuts work well for this recipe.

Nutritional Information per

▼ Serving

Based on 10 servings with 3 pounds

Calories: 190

Total Fat: 5g

Saturated Fat: 2g
Cholesterol: 90mg
Sodium: 433mg
Total 4g
Carbs:
Dietary Fiber: 0g
Sugar: 2g
Protein: 31g
