

## 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:

### Contributed By:

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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

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