

## 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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### Contributed By:

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Contributing Recipe Editor

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2 - 3  
pounds  
pork roast, trimmed of excess fat  
(907 g - 1.4  
kg)  
1  
cup  
water  
(240  
mL)  
1  
teaspoon  
chicken bouillon granules  
(3  
g)  
1  
onion, sliced, use Cone #4  
<sup>1</sup>?<sub>4</sub>  
cup  
soy sauce, low-sodium  
(60

mL)

1

tablespoon

Worcestershire sauce

(15

mL)

1

teaspoon

garlic, shredded, use Cone #1

(3

g)

1

tablespoon

brown sugar

(14

g)

2

tablespoons

oyster sauce

(36

g)

### 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 Carbs:**

4g

**Dietary Fiber:**

0g

**Sugar:**

2g

**Protein:**

31g