

Slow cooker pulled pork

Step 1: Make the dry rub. This dry rub is very versatile as you can change up the mixture of seasonings to suit your taste. As a ratio, the rub is basically 6:1:1:1. (All in tbsp)

6 tbsp light brown sugar, firmly packed

1 tbsp kosher salt

1 tbsp chilli powder (sometimes I use paprika instead)

1 tbsp of any mixture of spices (this is where you can really alter the mixture to suit your taste):

for example:

½ tsp cayenne

½ tsp old bay

½ tsp garlic powder

½ tsp onion powder

½ tsp ground black pepper

½ tsp dried thyme (as long as you combine 3 tsp of spices, you will get the last 1 in your ratio)

Mix until everything is well blended.

1 pork shoulder roast. (I will buy whichever pork shoulder is on sale, sometimes the one with the bone in and the nice layer of fat still wrapped around and sometimes the boneless one.)

Step 2: Rub the pork with enough of the mixture to completely cover the roast.

Step 4: Place in the slow cooker

Turn cooker on to low for 6-8 hours or on high for 4 -6 hours. Times vary greatly and depend on the size of the roast and the size of the slow cooker. (Make sure slow cooker is also plugged in!!!)

Step 5: Shred the pork. You will know the pork is ready because it will fall apart completely when you try to take it out of the slow cooker. I like to sort through the pork with some tongs or forks, shred it and take out any fat or gristle, or bone left behind. There will be some yummy juices in the slow cooker. I like to put it in the fridge, separate out the fat and put the juices back into the pork to add extra flavour and juiciness!

Step 6: Mix pork with a bar b q sauce of your choice (I used Bullseye original).

Step 7: Serve on buns with extra sauce on the side.

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