

Hawaiian Pulled Pork in a Slow Cooker

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Time: prep 15 min, cook 16 hours. Servings: 12-15

- Pork Shoulder – 4-5 pounds
- Banana leaves – 2 pieces (bought frozen; can be replaced with spinach leaves)
- Garlic cloves – 2-3 (optional)
- Apple cider vinegar – 2 Tbsp (optional)
- Sea salt – 2-3 tsp
- Liquid smoke

1. Take banana leaves out of the freezer to thaw while you prepare the rest
2. Peel the garlic and cut it in slivers
3. Make deep slits in the meat and put garlic in (optional)
4. Inject the meat with apple cider vinegar diluted in ½ cup of water (optional)
5. Line the pot with banana leaves
6. Sprinkle banana leaves with a few drops of liquid smoke and 1/3 of salt
7. Put the meat in and sprinkle it with a few drops of liquid smoke and the rest of the salt
8. Wrap the meat with banana leaves
9. Set the slow cooker on Low for 16 hours
10. When ready, unwrap the meat and discard banana leaves;
11. Take the meat out, shred it with forks and moisten with some of the liquid.