



Karen

KAREN CROUSE



NAPA VALLEY

Cooking with KAREN CROUSE

Pulled pork is comfort food for all ages. This recipe registers zero on the cooking difficulty meter and ten on the enjoyment meter. It is my choice as a help-yourself option for casual gatherings. And with your grill tucked away for the winter, this is an excellent indoor option that gives you the same rich barbecue flavors of summer.

When it comes to BBQ pulled pork, I am a purist. So coleslaw is the only topping I need. It adds a 'crunch' while the vinegar is an excellent complement to the sweet, melt-in-your-mouth pork. The combined colors of barbecue sauce, cabbage, carrots, and onion make for an artful presentation on your favorite white platter.



FOR MORE INFORMATION karencrousenapavalley.com

BBQ PULLED PORK SLIDERS

Eight Servings

EQUIPMENT NEEDED

5-6-quart Crockpot

PREPARATION TIME

5 minutes

COOKING TIME

9 hours

INGREDIENTS

- 4 pounds pork shoulder or butt roast
- 12 ounces of your favorite barbecue sauce (*I like Stonewall Kitchen Maple Chipotle Grille Sauce*)
- 8 Buns such as brioche or potato
- Vinegar-based coleslaw, not creamy

TIP: For a richer flavor, brown the roast for a couple of minutes on each side before putting it into the crockpot.

PREPARATION

- Wash and dry the pork roast and place it in the crockpot.
- Add the barbecue sauce, making sure to cover it completely. (*Err on the side of too much sauce. The meat will be dry if it is not entirely covered with the sauce while cooking.*)
- Set the crockpot to low and the timer for 9 hours. While it may be tempting, do not lift the lid until it's done. If you put it on before going to bed at night, it will make you feel like the cooking fairies came while you were sleeping.
- When the pork is finished cooking, remove the lid and use two large forks to pull the meat apart while still in the crockpot. If you are not serving it immediately, cover it and set it on a warm setting.

SERVING & STORING

- Spoon the warm shredded pork onto the buns and top them with a heaping tablespoon of coleslaw. Serve them with chips and a green salad.
- If there is any leftover, store it in an airtight container and refrigerate.

Frame your artful platter of BBQ pulled pork sandwiches with Heidi Barrett's 2017 La Sirena Studio Series Red Blend.