

Pulled Pork

Ingredients:

- 1.5–2.5 kg pork shoulder (bone-in or boneless)
- 2 tbsp animal fat, lard, or ghee (for searing)
- 1½ tsp salt
- 1 tsp black pepper
- 1 tsp smoked paprika (optional but delicious)
- ½ tsp garlic powder (optional)
- ½ tsp dried herbs (thyme/oregano – optional)
- ½ tsp chili flakes (optional for a spicy version)
- 1–2 cups bone broth or water – enough to come halfway up the meat

Method:

1. **Prep and Sear:**
Cut the pork shoulder into large chunks for quicker cooking. Heat a pan over medium-high heat and sear the pork in fat until browned on all sides (about 3–4 minutes per side). This builds flavour.
2. **Add to Cooker:**
Place browned pork into a slow cooker or pressure cooker. Sprinkle salt, pepper, paprika, and any additional spices or herbs of your choice. Add chili flakes if you like a bit of heat.
3. **Add Broth:**
Pour in bone broth or water until it reaches halfway up the meat (don't cover completely). This keeps the pork juicy and infuses deep flavour during cooking.
4. **Cook Until Tender:**
Slow Cooker: Cook on Low for 8–10 hours or High for 5–6 hours.
5. **Pressure Cooker:** Cook on High Pressure for 60–75 minutes, then allow natural release.
6. **Shred and Serve:**
Remove pork from pot and shred with two forks. It should fall apart easily. Reduce the cooking liquid if desired, and return the shredded pork to soak up the juices.

Serving Ideas:

- On carnivore wraps – flatbread recipe
- Topped with melted cheese or a fried egg
- Mixed into scrambled eggs
- Stuffed into avocados
- Served cold with homemade carnivore mayo

