

Crockpot Kalua Pulled Pork from Hawaii

INGREDIENTS:

- 4- 6 pounds pork butt or shoulder roast (with the bone is the best!)
- 3 Tbsp coarse Hawaiian sea salt
- 3 Tbsp hickory liquid smoke
- Gluten free buns for serving
- Optional: Pineapple slices for grilling



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DIRECTIONS

1. Set your pork roast on a cutting board and trim away any large chunks of fat. Leave the fat pad on top as that will render through the meat.
2. Gather your coarse salt and liquid smoke and add to ramekins.
3. Using a fork, pierce the roast all over which increases the flavor inside and out. Then rub the salt and liquid smoke with your hands all over the pork.
4. Add the roast to the slow cooker, fat pad up and cook on low for 16 to 20 hours, turning the roast halfway through. You could cook it 8 hours but it won't be as tender.
5. Once it is complete move the pork to a cutting board or bowl and shred using two forks. Separate the fat from the broth if you'd like. Then add the pork back to the slow cooker and keep on warm until ready to serve.
6. Core and slice your pineapple into spears or slices and grill indoors or outdoors on high heat for 3 to 4 minutes each side.
7. Serve on top of grilled pineapples or in a gluten free bun.

