

Dutch Oven Pulled Pork with BBQ Sauce

Coming into winter there is quite often pork roasts on special somewhere. In this recipe I combine the flavour of Mrs Rogers Smokey BBQ Seasoning in a sauce and season the pork with Southern Mediterranean flavours.



Sumac is used in the rub and adds a lovely sharp lemon citrus hit to the roast. It also helps balance the sweet flavour of the pork fat as it renders with the slow cooking.

The rub and sauce can be made ahead of time.

For the pork



- 1.5 to 2kg pork shoulder roast
- 1/2 cup chicken stock
- 1 apple cider vinegar

For the rub

- 2 teaspoons paprika
 - 1 teaspoon ground sage
 - 1 teaspoon ground sumac
 - 1 teaspoon dried thyme
 - 1 teaspoon each salt and freshly ground black pepper
- Place all the ingredients in a jar and shake to combine. Store sealed in your pantry and use as required.

For the sauce

- 1 1/2 cups of tomato purée
 - 1/3 cup fine chopped red onion,
 - 2 tablespoons cider vinegar
 - 2 teaspoons sugar or honey
 - 1 teaspoon Worcestershire sauce
 - 2 teaspoon Mrs Rogers Smokey BBQ Seasoning
 - 1/4 teaspoon salt
- Put the tomato purée, onion, cider vinegar, sugar, Worcestershire sauce, crushed red pepper, garlic powder and salt in a heavy, medium saucepan and bring to a simmer over medium heat. Reduce the heat to very low and simmer, uncovered, stirring frequently, for 10 minutes to blend the flavors. Remove from the heat.

Bottle in a warm jar with lid and store in the fridge. Use within two weeks.

Method

Preheat the oven to 160 degrees C.

Coat the pork all over with the rub and place in the Dutch oven. Pour the stock and cider vinegar around the pork. Cover and cook in the oven for 4 hours to 4 hours and 20 minutes, until the pork is cooked through and easily breaks apart with a fork but still looks moist.

Remove the pork from the oven and place in a shallow baking dish, reserving the pan juices.

Set aside to cool for approximately 15 minutes, then shred into bite-sized pieces using two forks.

Mix the pan juices and some of the sauce and warm to on the stove.

Serve the pulled pork in buns with caramelised sauce or with your choice of sides.