

Perfect Pulled-Pork

Shopping List

- Sea Salt (200g)
- Light Muscovado Sugar (300g)
- Piece Pork Shoulder (2kg)
- Maple Syrup (100ml)
- Wholegrain Mustard (100g)
- English Mustard Powder (2 tablespoons)

Duration: 8 hours

Servings: 6



Method:

Mix the sea salt and 200g of the sugar in a large food bag, add the pork and coat it well. (If you don't have a bag, rub over the pork in a dish and cover with cling film.)

Leave in the fridge overnight.

The next day, remove the pork and wipe down the meat with kitchen paper.

Heat oven to 140C/120C fan/gas 1. Mix the remaining sugar, the maple syrup, mustards and some ground pepper. Rub half the mixture over the pork and sit it on a rack in a roasting tin.

Roast for 6 hrs.

Spoon the remaining maple mixture over the pork and roast for 1 hr more.

Rest the meat for 30 mins on a plate loosely covered with foil.

To serve, tear the pork into big fat chunks and, after skimming the surface, spoon over any juices from the tin.