

pulled pork with red ginger bbq sauce

Winter Simmers | January/February 2009



The sweet-sour-spicy tomato barbecue sauce has an Asian flair. The heavy-handed amounts of garlic and ginger mellow perfectly during cooking.

PREP: 35 MINUTES BAKE: 2 1/2 HOURS COOK: 45 MINUTES OVEN: 325°

- 1 3-3 1/2-LB. BONELESS PORK SHOULDER ROAST
- 2 TSP. GROUND CUMIN
- 2 TSP. GROUND CORIANDER
- 1/4 TSP. SALT
- 1/4 TSP. GROUND BLACK PEPPER
- 1 CUP BEEF BROTH
- 1 MEDIUM RED ONION, CHOPPED
- 1 TBSP. OLIVE OIL
- 1/4 CUP FINELY CHOPPED FRESH GINGER
- 3 TBSP. MINCED GARLIC (ABOUT 18 CLOVES)
- 2/3 CUP PACKED BROWN SUGAR
- 1 1/4 CUPS RED WINE VINEGAR
- 1/4 CUP REDUCED-SODIUM SOY SAUCE
- 1/2 TSP. CRUSHED RED PEPPER
- 1 14.5-OZ. CAN DICED TOMATOES
SALT AND GROUND BLACK PEPPER
- 8-10 BAKERY-STYLE WHOLE-GRAIN BUNS, SPLIT AND TOASTED

Trim fat from pork. In a small bowl combine cumin, coriander, ¼ teaspoon salt, and ¼ teaspoon black pepper. Sprinkle spice mixture over all sides of pork, rubbing in with your fingers. Place pork in a 4- to 6-quart Dutch oven. Add broth. Cover and bake in a 325° oven for 2½ to 3 hours or until very tender.

Meanwhile, for red ginger bbq sauce, in a large saucepan cook onion in hot oil over medium-high heat for 8 to 10 minutes or until very tender, stirring occasionally. Reduce heat to medium if onions start to get too dark. Add ginger and garlic. Cook and stir 2 minutes more. Add brown sugar; stir until melted. Add vinegar, soy sauce, and crushed red pepper. Bring to boiling. Boil gently, uncovered, for 20 to 25 minutes or until mixture is reduced by half (to about 1½ cups), stirring occasionally. Add undrained tomatoes; return to boiling. Boil gently, uncovered, for 15 minutes, stirring occasionally. Season to taste with salt and black pepper.

Using large slotted spoons, transfer pork to a cutting board. Shred the pork using two forks to pull through meat in opposite directions. Add meat to bbq sauce. Heat through over low heat. If desired, skim and discard fat from the pork cooking juices; add some of the juices to the pork mixture to moisten to desired consistency. Serve pork mixture in toasted buns. **MAKES 8 TO 10 SANDWICHES.**

SLOW-COOKER METHOD: Trim pork and rub with spice mixture as directed in master recipe. Place seasoned pork in a 4- to 5-quart slow cooker. Add broth to cooker. Cover and cook on low-heat setting for 10 to 12 hours or on high heat setting for 5 to 6 hours until pork is very tender. Prepare bbq sauce, shred pork, and serve as directed in master recipe.

PRESSURE-COOKER METHOD: Trim fat from pork, and cut pork into 3 pieces. Season meat as directed in master recipe. Place a rack in a 6-quart pressure cooker and add beef broth to cooker. Place pork pieces atop rack in cooker. Lock lid in place. Bring to pressure over high heat; immediately reduce heat to stabilize and maintain pressure. Cook for 25 minutes. Remove from heat and set aside to depressurize cooker. Meanwhile prepare bbq sauce as directed in master recipe. After pressure cooker is depressurized, shred pork and serve as directed in master recipe.

Per serving: 473 cal., 13 g fat (4 g sat. fat), 110 mg chol., 835 mg sodium, 46 g carbo., 3 g dietary fiber, 39 g protein.

NOTE

Slow-cooking the pork shoulder (or pressure-cooking) results in a lush, shredded-pork texture that's irresistible. Make the Asian-style sweet and garlicky sauce when your schedule allows, up to a week ahead.