

# **Apple Cider Pulled Pork with Onions & Apple Jam**

Tender shreds of pork shoulder and sweet sticky onions, with a healthy apple cider vinegar - perfect to pile in a soft roll a real crowd pleaser

Serves: 6 Prepare: 1 Hour Cook: 4 Hours Difficulty: medium

## Ingredients

- 2kg organic pork shoulder
- 80mls apple cider vinegar
- 2x chopped onions
- 2x cloves garlic, minced
- 2x apples chopped (we like the sweet pink lady variety)
- 1pt apple juice
- 1tsp salt
- 1/2tsp pepper
- 1tsp dried ginger
- 1tbsp corn flour or arrowroot powder
- 2tbsp water

### Method

#### TO COOK THE PORK

- 1.Start by Preheating your oven to 160°c
- 2.Trim any fat off your organic pork shoulder and cut it into 6-8 big chunks and set aside
- 3.In a large, lidded pot or dish add the chopped onion, chopped apple, and garlic
- 4. Arrange the raw pork on top of the veggies and pour over the apple cider vinegar and apple juice
- 5.Lastly, sprinkle the salt, pepper, and dried ginger over the pork. Place the lid on the dish and bake for 2-4 hours or until tender
- 6.Once the pork is cooked and tender, remove the pork from the pan and shred with two forks

#### TO MAKE THE ONION GRAVY

- 1. Take the cooked apple, cooked onion, and apple juice from the pork pan and add to a bender. Blend until smooth (Feel free to skip this step if you want chunky sauce)
- 2.Add the sauce to a pan and bring to the boil over a medium heat on the stovetop
- 3.In a small dish, mix 1tbspof cornflour (or arrowroot powder) and 2tbsp cold water

- 4.Add the floury paste to the boiling gravy and stir until smooth and think
- 5. Pour over the pork and serve