



## Slow-Cooked Pulled Pork

5 lbs boneless pork shoulder  
2 tbl garlic salt  
¼ cup paprika  
½ cup packed light brown sugar  
4 tsp chili powder  
1 tsp ground cayenne pepper  
1 tsp ground allspice  
1 tsp freshly ground black pepper  
¼ cup vegetable oil  
1 cup apple cider vinegar  
1 cup red wine  
1 yellow onion, thinly sliced then cut in half  
¼ lb mushrooms, sliced

### Preparation

1. Combine the onion salt, paprika, 2 tbl of the brown sugar, chili powder, cayenne, allspice and black pepper in a medium mixing bowl. Reserve 2 tbl of the spice mixture, and rub the remaining spice mix all over the pork shoulder. Wrap the pork in plastic wrap and refrigerate overnight.
2. Next day: Heat 2 tbl vegetable oil in a large skillet over medium-high heat. Add the pork, turning it so it browns on all sides. Transfer to your crock pot or other slow cooker.
3. Add the vinegar, wine, the reserved spice mix and the remaining brown sugar to the skillet. As the mixture begins to boil, use a wooden spoon or spatula to dislodge any browned bits on the bottom of the skillet (deglazing the pan). Transfer the mixture to the crock pot.
4. Cover and cook on low for 6 to 10 hours, until the pork is fork-tender.
5. Just before you remove the pork and pull it, place oil 2 tbl oil in a saute pan and saute the mushrooms. When brown remove and place into a bowl. Then add the onion to the pan, and more oil if necessary. Caramelize the onions on medium low heat (15-20 minutes). While the onions are caramelizing, you can remove the pork and pull it. When the onions are nice and brown and very soft, place the mushrooms back in the pan to meld flavors together for just a couple of minutes. Turn the heat off.
6. Remove the pork from the crock pot and cut into ½ inch thick slices, then use 2 forks to shred the pork. A “pulling” motion is used to accomplish this, thus the name. Return the pork and any juices to the crock pot and toss the pork with the onions and mushrooms to coat with the liquid. Serve warm, usually as sandwiches with fresh buns.
7. You can also cook this a bit drier by omitting the wine. If you do that, you may want to add some liquid, for example some hot pepper sauce (about 4 tsp) to the juices at the end.

Yields 10 servings.

Adapted by Lori from the Tri-Valley Herald, Bay Area News Group, 21 January 2009.