



**Discount fridge Pork shoulder can be tough as old boots if you try to cook it too quickly.
This certainly wasn't!**

Ingredients:-

1 large Onion, quartered
2 cloves of Garlic, minced
Salt & Pepper
Mixed Spice
Rosemary
Chilli flakes
500ml of Stock
½ pint of Cider
2 tbsp Cider Vinegar

Method:-

- (1) Lay the Onions in the bottom of the slow cooker.
- (2) Place the Pork shoulder on to of the Onions.
- (3) Season with the herbs and spices.
- (4) Mix the remaining ingredients with the stock and pour around the meat.
- (5) Cook in a slow cooker on high, or in a casserole at 120C for about 6 hours. The Pork should be tender enough to pull apart.

We served ours with mashed Potato, Cauliflower Cheese, [Indian style Stuffing balls](#) and sautéed Beetroot top with peppers ? for a little colour. This Shoulder recipe is really good!

