



We had a whole boned Pork Shoulder for £5.38 in the freezer. As one meal this would have been excessive and over budget. It's also a slow roast gig. But we'll most likely get 6 servings from the meat over the next few days.

For the Pulled Pork.

Ingredients:-

Pork Shoulder

A pint of Stock

Oil

Salt & Pepper

Onions

Rosemary

Garlic cloves, halved

Method:-

- (1) Pour the stock into a casserole dish and add the Onions roughly chopped.
- (2) Lay a couple of sprigs of Rosemary over the top.
- (3) Stab the Pork with a sharp knife and push the halved Garlic into the meat.
- (4) Season with Salt & Pepper and rub well with Oil.
- (5) Cover with foil and place in the oven at 160c
- (6) Leave to roast very slowly for at least 5 ½ hours.

We did actually end up with reasonable crackling, which is rare with a home frozen joint. So we served the pulled Pork with crackling over the top, home fermented Kimchee (

[Recipe here](#)

), Garlic and Clive Cheese and hand cut chips. A bit of Piccalilli and it was a very taste and simple supper.

The stock and Onions are in a jar in the fridge and will make the base for an outstanding gravy!