

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!