

PRESSURE COOKER PULLED PORK

(from The Bewitching Kitchen)

5 pounds boneless pork shoulder cut into large chunks
water
2 bay leaves
2 teaspoons ground cumin
1 tablespoon dried Mexican oregano
1/2 teaspoon Aleppo pepper flakes
1 tablespoon salt
1/4 cup apple cider

Place the chunks of meat in the pressure cooker, add water to just barely cover them, then add the bay leaves, and all other ingredients. Mix gently to dissolve the salt and incorporate the apple cider.

Close the pressure cooker and turn the heat on high until it builds pressure, then lower the heat and cook it for 45 minutes. When the time is up, turn the heat off and allow the pressure cooker to come down naturally, it should take about 15 minutes, maybe a little less.

Open the pan once the pressure is equalized, and transfer the meat carefully to a baking dish. It will be very tender. You can save the cooking liquid, put it in the fridge to make it easier to remove the layer of fat that will form, using it as a base for sauce.

Shred the meat with two forks, discarding any fatty pieces or gristle. You can use the meat right away or save it for several days in the fridge. When ready to use, you can saute it in olive or coconut oil to crisp up the edges, or warm it up gently in a pan and then spread the pulled meat on a layer and run it under the broiler (my favorite method). Serve with tortillas, or over steamed rice and black beans, incorporate in sauces, improvise a Tex-Mex lasagna with it... and...

ENJOY!