





Recipe Details

Recipe Name : Pulled Pork Sandwich With Pomegranate Salad
Recipe Category:
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Created : February 16, 2015
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Portions : 6

Weight (Per Portion)

One portion of this dish weighs approximately 518.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Pork, shoulder joint, raw	2.5 Kilo	
Vinegar, cider	200 Millilitre	
Sugar, brown	80 Gram	
Cinnamon, stick	5 Gram	
Chilli, flakes, dried	1 Tablespoon	
Sauce, Soy	2.25 Teaspoon	  Gluten Soybeans
Pomegranate juice, fresh	1 Tablespoon	
Salt, sea	1 Pinch	
Onions, red, raw	1 Small	
Parsley, raw	20 Gram	
Vinegar, red wine	1 Tablespoon	
Pomegranate juice, fresh	1 Tablespoon	
Oil, olive	2 Tablespoon	
Rocket, wild	90 Gram	

Recipe Alerts

Allergen Warnings:



Recipe Method

Heat the oven to 150C/300F/gas mark 2. Put a ridged griddle pan on a high heat. When smoking hot, lay the pork on top and cook for about eight minutes, turning as you go. For the last two minutes' griddling, cover the pork in a large sheet of foil, so that the resulting smoke infuses the meat. Remove and set aside. Place a large, heavy-based pot for which you have a lid on a medium heat; the pan has to be big enough to hold the pork snugly. Add the vinegar, sugar, Szechuan pepper, cinnamon, chilli, soy, molasses and tomato paste, plus one and a quarter teaspoons of salt, and heat gently, stirring occasionally, until the sugar dissolves. Remove four tablespoons of the sauce to a bowl or ramekin and set aside. Add the pork to the pot and spoon the pan juices all over it. Cover, cook in the oven for an hour, turning the meat in the sauce from time to time. Turn down the temperature to 130C/260F/gas mark

