

## Pulled Pork



**L** 45:14

**This recipe is available for:**

- Convotherm 4
- Convotherm maxx pro

**Accessories:**

1/1 GN Stainless steel pans, unperforated, 60 mm deep, 3013030

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Scratch

**Stage 1**  
130 °C

- Steam
- 45:14 | 95 °C
- 2

RECIPE

**Ingredients**

- |         |                      |
|---------|----------------------|
| 1 pcs   | Pork shoulder 2,5 kg |
| 1 l     | Vegetable stock      |
| 2 pcs   | Onions               |
| 1 pcs   | Spring onions        |
| 1 pcs   | Cilantro             |
| 1 pcs   | Parsley              |
| 2 pcs   | Chili                |
| 4 pcs   | Garlic gloves        |
| 6 tsp   | Olive oil            |
| 1 pcs   | Lemon                |
| 1 pinch | Salt                 |
| 1 pinch | Pepper               |

**1. Food Preparation**

Place the pork shoulder in the GN tray, and season it with salt and pepper. Add the stock into the tray and put it in the preheated Convotherm. Place the core probe in the center. After cooking, pull the meat apart and add the chopped, onion, spring onions, garlic, chili, parsley, cilantro, lemon juice and skin, olive oil. Mix everything well and season it with salt, pepper and by demand add some of the stock that was left in the tray.

**2. Cooking Instruction**

You can add any flavor of your choice to the stock. Also pull the meat apart when it's still warm.

**3. Food Serving Instruction**

Serve the pulled pork in a bun, or as a salad topping. It tastes even better on the second day.