

Pulled Pork

- 1 1/2 t each whole coriander seed, whole cumin seed, black peppercorns, dry mustard powder, chili powder (Or 1 teaspoon of chili flakes, such as like [Chile Pasilla Oaxaca](#))
- 2 t kosher salt
- 3 T coconut sugar (or dark brown sugar)
- 3 lb [boneless pork shoulder](#) (aka pork butt)

In a small frypan, over medium-low heat, toast coriander, cumin and peppercorns for 1 to 2 minutes. Grind toasted spices into a fine powder using a processor, a spice grinder or a mortar and pestle. (The Vitamix dry container was very effective.) Transfer to a bowl and mix with salt, mustard powder, chili powder and sugar.

Coat meat with spice rub and let it marinate in the rub for 1-2 hours at room temperature or up to 2 days in the refrigerator.

Place meat in a slow cooker and cook on high for 5-6 hours or in the oven in a baking pan at 250F for 3 to 4 hours or until meat is tender and the meat thermometer indicates 190F. Let meat rest for 20 minutes, then pull the still warm meat into pieces.

Barbecue Sauce

- 1 1/2 c ketchup
- 1/4 c each coconut (or dark brown) sugar, cider vinegar
- 2 T each molasses, Worcestershire sauce
- 2 garlic cloves, minced or grated
- 2 t sweet or hot paprika
- 1 t each black pepper, dry mustard powder
- pinch of cayenne
- hot sauce, to taste

Combine ingredients in a medium-sized pot. Simmer over medium-low heat for 15-20 minutes, stirring occasionally. Season with hot sauce. Add half of the BBQ sauce to the cooked, pulled meat and toss, adding more sauce as needed. Refrigerate extra sauce.

Simple Spicy Slaw

- 1/2 small head green cabbage, finely shredded
- 1/4 red onion, thinly sliced
- 1/2 jalapeño, seeded, finely chopped
- 3 T cider vinegar
- 2 T olive oil
- 1 t sea salt
- freshly ground black pepper

Combine cabbage, onion and jalapeño in a large bowl. Add oil, vinegar, salt and pepper, and toss well. (This slaw is perfect with chicken as well.)

Pulled Pork Lettuce Wraps

- Wrap meat and slaw in Boston lettuce leaves. You'll need lots of napkins, but you'll be in lite-food heaven.
- Serve **Pulled Pork Wraps with** sides of roasted potato and sweet corn. The **Crazy Chicken Rub** spice blend from [Sublime Flavors](#), made my potatoes irresistible. (Ingredients: paprika, onion, savoury, coriander, peppercorn, thyme, orange granules, basil, allspice, lemon juice and salt.)
- Serves 6-8.

Jittery Cook