



SMOKIN' PORK SHOULDER BUNS WITH SOUTHEAST ASIAN SLAW BY LANA GARLAND AND GRANT TRIPLOW

THE RUB

INGREDIENTS:

- 5 Tbsp. cumin seeds
- 10 star anise
- 1 cinnamon stick
- 2 tsp. chilli powder
- 2 Tbsp. smoked paprika (only if you aren't smoking the pork)
- 1 Tbsp. brown sugar
- 2 tsp. salt

1.5kg free range pork shoulder (skin removed)

METHOD:

In a pan over medium heat toast the cumin seeds, star anise and cinnamon until they become fragrant.

Allow to cool a little, then grind together with chilli, smoked paprika (if using) brown sugar and salt.

Sprinkle the salt over all surfaces of the pork and rub the shoulder thoroughly all over with a generous amount of the rub mix, cover and refrigerate until you are ready to cook, rest overnight if possible.

Preheat your oven to 150°

Place the pork into a roasting pan, cover with tin foil, making sure the foil seals the dish as tightly as possible, you want to keep all the moisture inside.

Place in the oven and check after 2 ½ hours, the pork is ready when it is tender and almost falling off the bone. Total time will depend on the size of your roast, but as long as the temperature is right and the dish is well sealed, it's hard to go wrong!

SOUTHEAST ASIAN SLAW



INGREDIENTS:

2 medium carrots peeled and grated
¼ small red cabbage shredded
½ small green cabbage shredded
½ telegraph cucumber cut into slices
Mint, a good handful finely chopped
1 bunch coriander finely chopped

METHOD:

Toss all the prepared ingredients together in a large bowl.

Tip – for a time saver you may want to shred your cabbage using a food processor.

DRESSING:

INGREDIENTS:

2 Tbsp. rice wine vinegar
2 Tbsp. fish sauce
¼ Cup lime or lemon juice
1 clove garlic, crushed
2 Tbsp. brown sugar
1 large red chilli, finely chopped and added to taste.

METHOD:

Combine all dressing ingredients in a screw top jar and shake well. Taste and adjust flavours to your liking. Drizzle over the slaw and mix well to dress evenly.

TO SERVE:

Butter
Burger buns



Remove cooked pork and shave slices or pull the pork when the meat is fresh out of the oven or when it has cooled.
Fry the buns cut side down till they are golden brown, lay the pork on generously and then top with the slaw and the other half of the bun.
Dig in for a delicious juicy meal!

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