

Slow Cooker Pork Shoulder, Potatoes and Cabbage



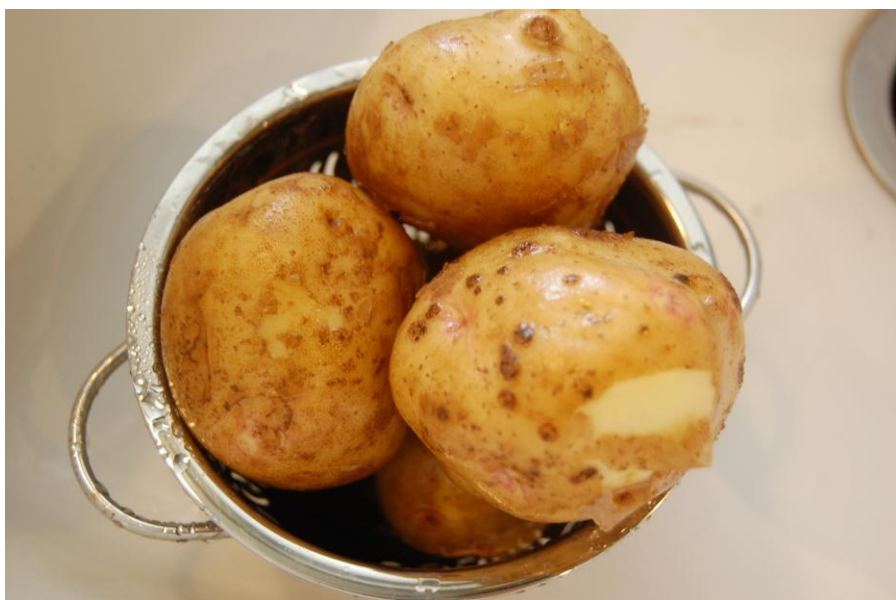
Ingredients

2-3 lbs of pork shoulder, removed from the bone (have your butcher do it; I had Hub!). Reserve the bone for cooking. Cut into chunks that will fit in your slow cooker.

1/2 head of green cabbage cored and cut in large chunks.



1 lb potatoes (about 5 medium size potatoes). Can use Yukon Gold or red potatoes.



1 cup chicken stock

¼ cup apple cider vinegar

Kosher salt and pepper to taste

Red pepper flakes (optional) to taste

Directions

1. Place cabbage and potatoes (no need to cut them, just wash them well) on the bottom of a slow cooker in a single layer. Season with salt and pepper.



2. Place pork shoulder and bone on top of cabbage and potatoes. Season with salt, pepper, and red pepper flakes (I used about a tablespoon of the flakes).



N.B. You can, if you desire, sear the pork shoulder in a hot pan with about a tablespoon of olive oil before putting it in the slow cooker. I did not but Hub usually likes to add this step when cooking meat for a long time.

3. Pour in stock an apple cider vinegar. Cover and set to cook – should cook 6-8 hours in slow cooker.

4. When done, take out pork and bone. Remove skin and shred pork. Reserve half in a container for another use (BBQ Pork Sandwiches).