Pacific Islands & Oceania
KALUA PORK



INGREDIENTS

- 5 Pounds Boneless Pork Shoulder (Boston Butt)
- 1 Tablespoon Hawaiian Sea Salt (or other coarse sea salt)
- 1 Tablespoon Liquid Smoke
- 2 Tablespoons Oil

DIRECTIONS

1. Heat the oil in a large pot over medium-high heat. Sear the pork for about 3 minutes per side, until browned all over.
2. Place the pork in a slow cooker. Drizzle the liquid smoke over all sides, then season all sides with the salt.
3. Cover and cook on LOW for 10–12 hours, until fork tender.
4. Transfer the pork to a large bowl and shred it with two forks. Remove and discard any bone and large pieces of fat.
5. Spoon some of the cooking liquid over the shredded pork to keep it moist. Save the remaining liquid for storing leftovers.
6. Serve hot. Portion the shredded pork by weight (not counting the liquid) per the portion sizes below.

MEAL PATTERN CONTRIBUTION

Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

48 Ounces

PORTION SIZES

Toddler:	1 Ounce
Preschool:	1½ Ounces
School Age:	2 Ounces
Adult:	2 Ounces