Using better value cuts of meat can really help your GP, pork shoulder is both good value and full of flavour.

**Sweet & Smoky Pulled Pork**

**Ingredients**

- 1x 1.6kg boneless pork shoulder joint, (rind and skinned removed optional)
- 2 Tsp Sea Salt
- 2 tbsp dark brown muscovado sugar
- 1 tbsp smoked paprika
- 1 tbsp oil
- 100ml Apple Juice
- 1 tbsp cornflour
Method

1. Remove the string, unroll the pork and pat dry with kitchen paper.
2. Mix the sugar, paprika and 2 tsp salt together. Rub half of it thoroughly over the pork. Keep the other half for later. Roll the pork back up (there is no need to re-tie the string).
3. Heat the oil in a large frying pan, and brown the pork on all sides. Put the joint in a slow cooker, pour in the apple juice and cover with the lid. Cook on low for 8-9 hours, or until tender and ready to pull apart. While the pork takes its time, you can relax.
4. Remove the pork from the slow cooker, wrap in foil and leave to rest for 30 minutes.
5. As the pork relaxes, blend the cornflour with 1 tbsp cold water. Add to the sauce in the slow cooker along with the rest of the seasoning mix. Cook on high for 20 minutes, until thickened slightly.
6. Shred (with the cooking juices) into chunky pieces with 2 forks. Return the pulled pork to the sauce in the slow cooker and stir well.
7. Serve in bread rolls with coleslaw, potato wedges and corn on the cob (or however you like).