

# Easy Pressure Cooker Pulled Pork

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### Ingredients

- 1 – 2 tablespoons vegetable oil
- 4 lbs. boneless pork shoulder, cut in two pieces
- 2 cups barbecue sauce, divided
- $\frac{1}{2}$  cup water

### Method

1. Select Browning and add oil to the cooking pot. When hot, brown pork on both sides, about 3 minutes per side. Brown each half of the roast separately. Remove to a platter when browned.
2. Add 1 cup barbecue sauce and  $\frac{1}{2}$  cup water to the cooking pot. Stir to combine. Add browned pork and any accumulated juices to the pot.
3. Select High Pressure and set the timer for 75 minutes. When beep sounds, turn off pressure cooker and use a natural pressure release to release pressure (this took approximately 20 minutes). When valve drops carefully remove lid. Carefully remove the meat from the pressure cooker and shred with two forks, discard excess fat as you shredded. (You can also use your stand mixer to shredded the pork.)
4. Strain cooking liquid, reserving  $\frac{1}{2}$  cup. (I used a fat separator to separate fat from the juices.)
5. Place shredded pork in the cooking pot with remaining 1 cup barbecue sauce and reserved  $\frac{1}{2}$  cup cooking liquid. Stir to combine and bring to a simmer, stirring frequently.
6. Serve on toasted rolls with additional barbecue sauce if desired.

### Notes

Don't substitute a leaner cut of meat with this recipe. The

pork shoulder will release lots of juices and fat and your meat will be extra tender and flavorful. If you're making it in a stove top pressure cooker you may need to increase the water if your pressure cooker loses a lot of liquid during cooking.

Source: Pressure Cooking (8 servings)