



Elsegood Family Butchers

Purveyors of quality meats, poultry and pastries across West Norfolk since 1892

Customer Recipe Template

Thank you to everyone who have and will generously share their recipes.

It must be highlighted that Elsegood Family Butcher cannot except responsibility for any content or allergenic ingredients within the recipes. Completed recipes cannot be brought through the shop.

When writing your recipe please use the form below and then hand it to the shop or email to us.

Your name: Nicola Garrod

Recipe Name: Caribbean pulled Pork - serves 4 people or pack lunch

Ingredients

- Elsegood's boneless / rindless loin of Pork approx. 2 lb (1kg) in weight
- 100ml tomato sauce
- Tablespoon brown vinegar
- 2 teaspoons jerk season spice
- 1 or 2 teaspoon Cajun spice
- A sprinkle salty chipolata spice
- Sunflower oil

Method

- For the marinade, mix up in jug 100ml tomato sauce, tablespoon brown vinegar, with 2 teaspoon jerk season spice, 1or 2 teaspoon Cajun spice, sprinkle bit of salty chipolata spice. Mix to paste.
- To seal the pork drizzle sunflower oil (approx. 2 tablespoon) into a hot pan and cook all sides for about a minute to give the meat a nice colour. Be careful of any spitting hot oil from the pan!
- Smear the marinade with spoon over pork joint until the meat is covered.
- Place the pork into a slow cooker (on high heat setting) or in an oven at 150°C between 4 to 6 hours
- Remove the pork from the slow cooker / oven and let it rest
- With a fork 'pull' the cooked pork apart and place in a bowl to serve.

To Serve

Eat with salsa dip, potato or cous cous salad, avocado salad n cheese.

Fill pork in baguette or fajitas!

Delicious and serves 4 people or pack lunch



