

Kalua Pork

I use frozen pork butts. An 8-pound pork butt will feed 20-25 people.

Thaw pork butt. Pre-heat oven to 325°F.

Put pork butt in roasting or baking pan. (Rack is optional.)

Pour hickory seasoning (Liquid Smoke) on all 6 sides of pork butt.

(Use ¼ bottle per 8# pork butt.)

Rub one teaspoon of sea salt on each of the 6 sides of pork butt.

Cover meat with aluminum foil. (I cook in a baking bag)

Bake for 7 hours. * (Takes less time in baking bag)

Uncover meat. With 2 forks remove roast from pan. Drain meat juice and fat into a bowl.

Return roast to pan. Shred meat with 2 forks. Throw away bone. Put broth in refrigerator. Within 30 minutes you can skim off fat. Heat broth in saucepan. Add 1 to 1½ cabbages (cut in to 1/8s) to broth.

Bring to boil. Steam for 5 minutes.

Mix with meat. (I prefer to lay cooked cabbage in middle of roasting pan with meat at both ends. This way people can take as much cabbage as they wish.

-*When I baked 4 pork butts at the same time (32# of meat) @ 350°F, it took 8 hours.

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