

How To Cook (and Shred) a Pork Shoulder

Yield: 10 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-spice-blend-recipe>

Ingredients:

- 6 pounds boneless pork shoulder or butt, or 5 to 7 pounds bone-in
- 1/2 tablespoon salt
- 1/2 tablespoon pepper
- 3 tablespoons mixed spices or dry herbs, see Recipe Notes
- 1 yellow onion optional
- 1 medium carrot roughly chopped, optional
- 3 stalks celery roughly chopped, optional
- 4 cloves garlic smashed, optional
- 1 1/2 cups chicken broth tomato juice, light or amber beer, white or red wine, orange juice, or a mix of several liquids
- 4 tablespoons liquid smoke optional
- 1/2 cup barbecue sauce optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 165 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 64 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 720 milligrams
9. Sugar: 4 grams

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