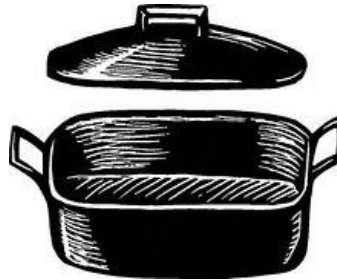


LEAN PULLED PORK

(Adapted from "Great Tastes of Manitoba")

Serves: 8-10

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| 1 | 3-lb (1.5 kg) boneless pork shoulder blade roast, well-trimmed |
| 1 cup | barbecue sauce |
| 1 tsp | cumin |
| 1 tsp | dried oregano |
| 2 tsp | chili powder |
| 1 Tbsp | Worcestershire sauce |
| 2 Tbsp | cider vinegar |
| 1 Tbsp | molasses |
| 1 | onion, sliced |



1. Preheat oven to 325°F (160°C) and place pork in roasting pan. In a small bowl, combine remaining ingredients and spread over and around the roast. Cover and roast for 3-1/2 hours.
2. Transfer roast to a cutting board and reserve cooking liquid; let meat cool slightly for easier handling. Using two forks, shred the meat, discarding any fat, and transfer shredded pork to a baking dish.
3. Pour cooking liquid into a measuring cup; spoon off excess fat. Pour the sauce over the pork; cover and bake another 45 minutes.
4. To serve, layer onto Kaiser rolls and top with coleslaw, if desired.