



"The Local Buy" Recipe, Episode 307

"Guinea Hog" Pulled Pork Sandwich with Kale Slaw Topping

Courtesy Seed of Life Nurseries and Chef Josh Asel

Ingredients

Kale Slaw

- 2 cups shredded kale stalks
- 1 cup shredded carrots
- 1 cup celery
- ½ cup minced onion
- 1 tablespoon minced cilantro
- 1 tablespoon parsley
- 1/8 cup sugar
- 2 cups mayonnaise
- ½ cup sour cream
- ¼ cup apple cider vinegar

Korean BBQ Sauce

- 1 cup ketchup
- 1 cup water
- 1 tablespoon lemon juice
- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 tablespoon onion powder
- ½ teaspoon pepper
- 1 tablespoon ground mustard
- 2 tablespoons sesame oil
- ½ cup apple cider vinegar
- 1 tablespoon Worcestershire sauce

Pulled Pork

- 3 pounds pork loin
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1/8 cup paprika
- 2 cups red wine



Preparation

Kale Slaw

Mix together ingredients and refrigerate.

Korean BBQ Sauce

Mix ingredients together in a saucepan, bring to a boil, let cool. Set to the side.

Pulled Pork

Rub meat with herbs and spices, set in roasting pan and add red wine. Roast at 325°F for 90 minutes (or ½ hour per pound). Let cool, then shred and add Korean BBQ sauce. Put pulled pork on bread or rolls of choice and top with kale slaw.