

Instant Pot Pulled Pork

Chunks of spice-rubbed pork butt, seared then pressure-cooked in a smoky broth until they shred effortlessly, finished with barbecue sauce or the pot juices.

PREP	COOK	TOTAL	SERVES
10 min	1 hr	1 hr 10 min	6

INGREDIENTS

4 lb pork butt roast, boneless or bone-in	½ tsp garlic powder
3 tbsp light brown sugar	¼ tsp cayenne pepper
2 tsp kosher salt	1½ cups chicken broth
1 tsp ground mustard	1 tbsp Worcestershire sauce
1 tsp black pepper	1 tsp liquid smoke
1 tsp onion powder	2 tbsp olive oil
1 tsp paprika	½–1 cup barbecue sauce, to taste

METHOD

- 1 Trim the excess fat from the pork and cut it into four even chunks.
- 2 Whisk the brown sugar, salt and all the spices together in a large bowl, then roll the pork chunks in the rub until well coated.
- 3 Heat the oil on sauté until the pot reads hot. Sear the pork in two batches, about 2 minutes per side, and set aside on a plate.
- 4 Cancel sauté and pour in ½ cup of the broth, scraping the browned bits off the bottom. Add the remaining broth, the Worcestershire sauce and the liquid smoke.
- 5 Return the pork to the pot, spaced out in the liquid. Lock the lid, set the valve to sealing, and pressure cook on high for 60 minutes, followed by a 20-minute natural release (or until the pin drops).
- 6 Shred the pork in a large bowl with two forks. Dress with barbecue sauce, or ladle over some of the cooking liquid — it carries most of the flavour.

NOTES

The pot juices make an excellent alternative to barbecue sauce; skim the fat and spoon over.

Leftovers keep 3–4 days refrigerated and freeze well for 3 months.

Adapted from RecipeTeacher · <https://recipeteacher.com/best-damn-instant-pot-pulled-pork/> · Potbelly, typeset