



## Slow Cooker Kalua Pork

Level: Easy

Prep Time: 10 minutes

Serves: 6 to 8

Cook Time: 8 to 9 hours

- 2 large round onions, sliced
- 2 cloves garlic, smashed
- 4-pounds fresh boneless pork shoulder (butt)
- 2 tsp. Hawaiian salt, heaping (see Notes)
- $\frac{1}{2}$  cup water
- 1 Tbsp. + 1 tsp. Hickory liquid smoke (see Notes)
- A little less than  $\frac{1}{8}$  cup shoyu (soy sauce)



Cut the pork into 2 large pieces. With a sharp knife, score the pork with long diagonal cuts about 1 inch apart across the top and bottom of the meat.

In a large slow cooker, place the onions and garlic. Lay the 2 pieces of pork side by side on top of the onions and garlic. Sprinkle the pork with the salt. In a small bowl, mix the water and liquid smoke. Pour over the pork. Add the shoyu. Cover and cook on low setting for 6 hours without disturbing. Stir the ingredients. Pork should begin to shred. Continue cooking on low for another 2 to 3 hours, until the pork is very tender. Check periodically and do not cook until dry, there should be liquid still in the pot. When done cooking, finish shredding all the pork with tongs. Serve with rice and lomi salmon, if desired.

### Notes:

- If Hawaiian salt is not available, substitute with a medium grain white sea salt.
- I used Colgin brand Natural Hickory Liquid Smoke.