
Italian Pork for Sandwiches

Rose graham

Nettles Island Cooking in Paradise - 2014

1 large pork butt or shoulder
10 to 15 cloves garlic, smashed
2 tablespoons rosemary (to taste)
2 tablespoons oregano (to taste)
3 bay leaves
2 tablespoons sugar
salt (to taste)
pepper (to taste)

Place the pork in a large pot and cover with water.

Add the garlic, rosemary, oregano, bay leaves, sugar, salt and pepper.

Bring to a bopil. Lower the heat to a very slow simmer. Cook for at least six hours or more.

Remove the pork from the water and remove the fat while pulling pork.

Strain the juice in the pot and use enough to cover the pulled pork.

Sandwiches

Per Serving (excluding unknown items): 142 Calories; trace Fat (0.6% calories from fat); 2g Protein; 35g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 Vegetable; 1 1/2 Other Carbohydrates.