

# BBQ Pulled Pork Fries with Coleslaw (serves 4)

## Ingredients:

For the BBQ Pulled Pork:

- 1.5 kg pork shoulder (pork), boned
- 1 large onion, chopped
- 4 cloves of garlic, chopped
- 250 ml BBQ sauce (to taste, homemade or bought)
- 250 ml chicken stock
- 2 tbsp brown sugar
- 1 tbsp mustard
- 1 tsp smoked paprika powder
- 1 tsp ground cumin
- Salt and pepper to taste
- 2 tablespoons olive oil

## For the French fries:

- 1 kg potatoes (waxy)
- 2-3 tbsp olive oil
- Salt and spices to taste (optional)

## For the coleslaw:

- 500 g white cabbage, finely shaved or chopped
- 2 carrots, grated
- 2 tbsp fresh parsley, chopped
- 60 ml mayonnaise
- 2 tbsp apple vinegar
- 1 tbsp sugar
- Salt and pepper to taste

## Preparation:

Prepare the BBQ Pulled Pork:

Preheat the oven to 160°C. Season the pork shoulder with salt, pepper, smoked paprika powder and ground cumin. Heat the olive oil in a large roasting pan or frying pan and sear the seasoned pork shoulder on all sides until it forms a golden brown crust. Add the chopped onion and garlic and fry briefly. Add the BBQ sauce, chicken stock, brown sugar and mustard to the roasting pan. The liquid should reach about halfway up the meat. Cover the roaster with a lid or aluminium foil and braise the meat in the preheated oven for about 3-4 hours, until tender and slightly falling apart. Remove the pulled pork from the roaster and use two forks to pull it into fibres. When doing this, pour off the excess liquid, but use some of it for the pulled pork.

Prepare the fries:

Peel the potatoes and cut into thin strips to make fries. Mix the fries in a bowl with olive oil and spices to season them. Place the fries on a baking tray and bake in a preheated oven at 220°C for about 25-30 minutes until crisp and golden brown.

Prepare the coleslaw:

Place the shaved or chopped white cabbage and shredded carrots in a large bowl. Mix the mayonnaise, apple cider vinegar, sugar, salt and pepper in a small bowl. Pour the dressing mixture over the cabbage and carrots. Mix well until everything is well coated. Leave the coleslaw in the fridge for about 20-30 minutes, for the flavours to develop.

Arrange the BBQ pulled pork fries:

Arrange the crispy fries on a large plate or serving platter. Spread the tender pulled pork generously over the fries. Serve the coleslaw as a side dish alongside the pulled pork fries.



**apetito**  
catering