

Pulled Pork in a Bun

Allergens – **Gluten**, **Mustard**, **Sesame**

Ingredients

| Quantity | Ingredient |
|----------|---|
| 2 Kg | Gigot of Pork QMS Boned & Rolled |
| Marinade | |
| 50g | Soft Brown Sugar |
| 20g | Paprika |
| 10g | Cayenne Pepper |
| 5g | Mustard Powder |
| 5g | Dried mixed herbs (to taste) |
| | Season (to taste) |
| 20 | Burger Bun (Brakes code 5222) (contains Wheat , traces of Sesame) |



Method

1. Mix all the dry ingredients together and rub over the Pork.
2. Leave Pork overnight in the refrigerator.
3. Place Pork in a roasting tin, add some water and cover with tin foil.
4. Roast at 200°C, 400°F, Gas Mark 6 for approx. 4 hours.
5. Once cooked pull apart the pork using two forks, add the residue of the roasting liquor until the pork is moist. Put in service dish and hold at correct temperature until required.
6. At point of service fill a burger bun with the pork.

Nutritional Content per 100g of pork

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 122 | = 2.5 | = 0.7 | = 2.5 | = 0.15 | = 3.1 |

Portion size - Primary – 70g per portion **Bun @ 50g = 21.3g Carb**