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## SLOW ROASTED PORK SHOULDER

Pork shoulder with all its wonderful marbling is a delectable cut of meat and very easy to cook, provided you allow plenty of time for the cooking. Pork shoulder can be roasted at low temperatures and served with rice and beans or over polenta with a side of sautéed bitter greens. Any which way, it will be delicious.

Pork shoulder can also be braised, slowly cooked in a sauce. Usually a BBQ sauce is used then shredded for pulled pork. This is another really popular preparation.

As with all meats, let the pork sit out of the refrigerator for at least an hour before cooking and for best results. Place it on a rack in a shallow pan to allow the Convection heat to circulate around the meat. The pork can be roasted in either a Combi Steam oven or a Convection Oven.

Keep the temperature low and allow 3 - 4 hours, it will be well worth the wait.

## CONVECTION -STEAM OR CONVECTION MODE



### Ingredients

- |  |                                      |
|--|--------------------------------------|
| 1 pork shoulder 3 - 5lbs                   | 1 tbsp dried mixed Italian seasoning |
| 1 small yellow onion, peeled and quartered | 1 tbsp Kosher salt                   |
| 4 cloves garlic, peeled                    | Freshly ground pepper                |
| 1 tbsp ground cumin                        | ¼ cup olive oil                      |
| 1 tsp mild chili powder                    | 1 tbsp apple cider vinegar           |

WRITE YOUR NOTES:



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## Directions

Heat the oven in the Convection Steam Mode (Combi Steam Oven) to the Convection Mode (Convection Oven) to 300 degrees. If your oven does not have a Convection mode use the Convection Bake mode 280 degrees.

Puree the onion, garlic and seasonings in a food processor or with an immersion blender. Stir in ¼ cup of olive oil and the vinegar to make a thick paste.

Place the meat fat side up on a rack in a shallow pan. Score the meat in a cross-hatch pattern and rub the puree all over the meat. Pour enough water into the bottom of the pan to cover the surface and slide the tray into the oven. Check the meat after 2 hours and add a little more water to the bottom of the pan if needed.

Check the meat again after 3 ½ hours to see how tender it is. The final result should be meltingly tender. Remember you can't go wrong if you keep the temperature low.