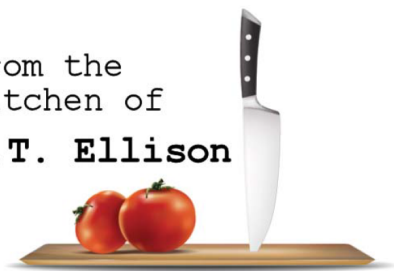


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 large (3-4 lb.) pork tenderloin or shoulder
- ✓ 2 Tablespoons extra virgin olive oil
- ✓ 1/2 cup + a big spoonful quality peach preserves (Bonne Maman, people)
- ✓ 1/2 cup chicken broth
- ✓ 1/3 cup bourbon (Basil Hayden's, if you can get it. So smooth!)
- ✓ 2 Tablespoons Dijon mustard
- ✓ 2 Tablespoons minced onion
- ✓ 2 teaspoons garlic powder or 2 whole cloves of garlic
- ✓ Salt and pepper to taste

Crock Pot Peach and Bourbon Pulled Pork

Serves a crowd

I generally reserve crockpot meals to the cooler months, because I associate slow-cooked meals with warming comfort food. But I've broken with my tradition this year, especially for this recipe from Iowa Girl Eats. Here's my adaptation.

Directions

1. Put olive oil in your crockpot or dutch oven. Add meat, season with salt and pepper. Add the remaining ingredients.
2. Turn the meat to coat it fully with sauce.
3. Cover and cook on LOW for 6-8 hours or until the pork shreds easily with a fork.
4. There won't be any fat, since you're using a tenderloin, but skim as necessary, then use the juice to pour over when you've assembled your bowl.

Bowl?? What??? Most of you would serve the pulled pork on a bun, but I am a contrarian. I like mine over a bowl of brown rice. It's easier on the belly carb-wise and so tasty!

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.