

## Better Homes & Gardens

# Rhubarb Pulled Pork



Double up on rhubarb for this seasonal riff on a BBQ favorite. First, cook rhubarb until tender in a sweet balsamic sauce that mellows the vegetable's tang and coats shredded slow-cooked pork. Second, add raw rhubarb matchsticks to cabbage slaw for a surprising sour note.



Hands-On: 40 mins

Servings: 8

Total: 5 hrs 40 mins

Yield: 4 cups

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## Ingredients

- ☐ 3 tablespoons chopped fresh thyme
- ☐ 1 tablespoon lemon zest
- ☐ 1 teaspoon onion salt
- ☐ 1 teaspoon garlic powder
- ☐ 2 ½ – 3 pounds boneless pork shoulder, trimmed
- ☐ 1 tablespoon olive oil
- ☐ ⅓ cup plus ½ cup white balsamic vinegar

- ☐ 1 sweet onion, halved and sliced (1 1/2 cups)
- ☐ 1 bulb fennel, trimmed, cored, and sliced (1 cup)
- ☐ 1 cup chicken broth
- ☐ 2 cups 1/2-inch slices fresh rhubarb
- ☐ Fresh Rhubarb Coleslaw (see recipe) (optional)



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## Directions

In a bowl combine 2 tablespoons thyme, the lemon zest, onion salt, and garlic powder. Rub pork with mixture. Wrap in plastic wrap; chill 2 to 24 hours.

Preheat oven to 325°F; position a rack in the lower third of oven. In a 4- to 5-quart Dutch oven heat oil over medium-high. Add pork. Brown evenly on all sides, about 8 minutes. Remove pork. Add 1/3 cup vinegar to Dutch oven, scraping up any browned bits. Add onion, fennel, and 1/4 teaspoon salt. Cook 8 to 10 minutes or until browned, stirring occasionally.

Place pork on onion mixture. Add broth, 1/2 cup vinegar, and 1 tablespoon thyme. Bring to boiling; cover. Place in oven. Cook 3 to 3 1/2 hours or until pork is tender.

Remove pork to a bowl; cover. For sauce: Add rhubarb to cooking liquid in Dutch oven. Bring to boiling; reduce heat. Cook, uncovered, 7 minutes or until rhubarb is softened and mixture is thickened, stirring occasionally. If sauce is too tart, add 1 teaspoon brown sugar. Shred pork; combine with sauce. Heat through. Serve on split hamburger buns with, if desired, Rhubarb Coleslaw. Makes 8 servings.



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## Nutrition Facts

**Per Serving:** 354 calories, (2 g saturated fat, 2 g polyunsaturated fat, 3 g monounsaturated fat), 70 mg cholesterol, 576 mg sodium, 39 g carbohydrates, 2 g fiber, 17 g sugar, 30 g protein.

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