

Elbabour Galilee

Entrance to old market, 04-6455596

www.elbabour-shop.com



Elbabour Suggestions for Christmas Dishes

Baked pulled pork with vegetables

Ingredients:

- a 3 ½ kg piece of boneless pork shoulder
- 5 [teaspoons Elbabour pulled pork spice mix](#)
- 3 teaspoons salt
- 10 whole peppercorns
- 10 dried sprigs of rosemary
- ½ cup vegetable oil
- 5 carrots cut into large pieces
- 20 small potatoes
- 1 head of broccoli



1. Wash the meat well and leave to dry for 15 minutes.
2. Put the meat in a large bowl and coat with oil.
3. Salt and season it with Elbabour pork spice mix
4. Line a large oven-proof pot with aluminum foil. Add 1 ½ cups of water inside the foil.
5. Put the meat in the pot and sprinkle with the peppercorns and rosemary sprigs.
6. Wrap the aluminum foil well around the meat.
7. Add 4 cups of water to the pot, outside the foil.
8. Turn oven on to 200 Celcius and place the uncovered pot in the center of the oven.
9. Bake for 3 ½ - 4 hours.
10. Check every half hour and add water if necessary. The meat should stay moist all through the baking process.
11. 2 ½ - 3 hours into the cooking process, add the carrots and potatoes to the meat, inside the foil.
12. Separately, steam the broccoli for 5 minutes. Strain and serve with the pork, carrots and potatoes.