

# ***QUICK CAROLINA BARBECUE PULLED PORK***

- 1 large yellow onion, chopped (about 1½ cups)
  - 1 14½-ounce can diced tomatoes
  - ½ cup dark corn syrup
  - ½ cup firmly packed dark brown sugar
  - 3 tablespoons cider vinegar
  - 2 tablespoons coarse Dijon mustard
  - 1 tablespoon Worcestershire sauce
  - ¾ teaspoon celery salt
  - ¾ teaspoon ground black pepper
  - 4 cloves garlic, minced or pressed
  - 1 3-pound pork shoulder roast, trimmed, cut into strips, bone reserved
  - 2 tablespoons tomato paste
  - 2 tablespoons pure maple syrup
  - ¼ teaspoon ground black pepper
  - ½ teaspoon mesquite-flavored Liquid Smoke
1. Combine the onion, tomatoes, corn syrup, brown sugar, vinegar, mustard, Worcestershire sauce, celery salt, ¾ teaspoon of the pepper, and garlic in a pressure cooker.
  2. Add the strips of pork and the reserved bone.
  3. Cover, lock, and bring to high pressure over high heat.
  4. Reduce the heat to stabilize pressure and cook for 25 minutes.
  5. Remove the pressure cooker from the heat and let the pressure drop naturally, then carefully remove the cover.
  6. Discard the bone; break up the meat with a potato masher or the back of a large spoon.
  7. Mix in the tomato paste, maple syrup, Liquid Smoke, and the remaining ½ teaspoon pepper.
  8. Bring the barbecue sauce to a boil over medium-high heat and boil for 10 minutes to thicken.

Serve on rolls (traditionally soft hamburger buns, but heartier rolls, such as kaiser or sourdough rolls are good, too) with coleslaw and extra sauce on the side.

Note: you can the pulled pork serve immediately, but it's even better the next day after the flavors have had a chance to meld.