

# Hawaiian Kalua Pork



## Servings: 4

*2 pounds pork butt/shoulder, cut into 2 inch cubes*

*1 tablespoon sea salt*

*1 tablespoon liquid smoke*

*3 pieces banana leaf, 6 inches by 12 inches each*

*¼ cup water*

In a medium bowl, combine pork, sea salt and liquid smoke

Add ¼ cup water to the inner cooking pot of an electric pressure cooker. Layer the pork pieces in between the banana leaves.

Close and lock the lid, making sure the sealing knob is on sealing. Pressure cook on high for 35 minutes.

Once the cooking is done, release the pressure by quick or natural pressure release.

Reserving the liquid, spread the meat out on a sheet pan and place under the broiler for 5 minutes until nicely browned. Turn them over and place under the broiler for another 5 minutes.

Shred and moisten with reserved liquid. Serve with rice.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1735mg Sodium; 0g Total Sugars; 0mcg Vitamin D; 1mg Calcium; trace Iron; trace Potassium; 0mg Phosphorus. Exchanges: .