

Pressure Cooker BBQ Pulled Pork Tacos

Prep time	Cook time	Total time
5 mins	1 hour 30 mins	1 hour 35 mins

Pressure Cooker BBQ Pulled Pork Tacos - a mashup of shredded BBQ pork and Tex-Mex tacos.

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Recipe type: Pressure Cooker

Cuisine: Mashup

Serves: 4-6 servings

Ingredients

Pulled Pork with BBQ sauce

- 3 pounds boneless pork shoulder, cut into 2 inch thick strips (aka "western ribs")
- 2 tablespoons barbecue rub (Your favorite store bought brand or make your own)
- 1 cup water
- 1 cup barbecue sauce (Your favorite store bought brand or make your own)

Baja slaw

- Juice of 1/3 lime (2 teaspoons)
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 clove garlic, minced (or pressed through a garlic press)
- 4 tablespoons mayonnaise
- 8 ounces cabbage, sliced thin (1 small head of cabbage)
- 2 green onions, sliced thin
- 1/4 cup minced cilantro

Accompaniments

- Corn Tortillas
- Extra barbecue sauce
- Pickled jalapeños

Directions

1. Cook the pork shoulder (in a pressure cooker):

Sprinkle the pork evenly with the barbecue rub, then put it in the pressure cooker pot. Pour the water and barbecue sauce over the pork. Lock the lid on the pressure cooker, bring it up to high pressure, and cook on high pressure for 50 minutes in a stove top PC, or 1 hour in an electric PC. Turn off the heat and let the pressure come down naturally, about 25 minutes.

2. Make the Baja slaw:

In a medium bowl, whisk the lime juice, salt, pepper, and garlic until the salt dissolves. Add the mayonnaise and whisk into a smooth dressing. Toss the cabbage thoroughly first - then add green onion and cilantro to bowl, toss until well coated.

3. Pull the pork:

Scoop the pork out of the cooker with a slotted spoon - it's OK if it breaks into pieces. Shred the pork with your hands, or a pair of forks, discarding any big hunks of fat or gristle that you find. Ladle some of the cooking liquid over the pork, just enough to make the pork look wet and saucy.

4. Build the tacos:

Warm up the tortillas, then let everyone build their own tacos. Pile some pulled pork on a tortilla and pour on a little barbecue sauce. Top with a scoop of slaw and a few pickled jalapeños. Fold in half and enjoy! (Go easy on the fillings - I'm setting a bad example with my pictures. Eating an overstuffed taco is a mess. Make a few smaller tacos instead of one big one.)

2 inch thick strips, long like rib

Thaw any leftover "pulled pork juice" from last time

Use Boston Butt with my rub:
Doctor Dolan's spicy BBQ rub

Notes

To cook the pork shoulder (in a slow cooker): Sprinkle the pork evenly with the barbecue rub, then put it in the slow cooker crock. Pour the water and barbecue sauce over the pork, and cook on low for 8 hours.

Recipe by Dad Cooks Dinner at

<http://dadcooksinner.com/2015/03/pressure-cooker-bbq-pulled-pork-tacos.html>

Baja slaw (half recipe)

- Juice of 1/6 lime (1 teaspoon)
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon fresh ground black pepper
- 1/2 clove garlic, minced (or pressed through a garlic press)
- 2 tablespoons mayonnaise
- 4 ounces cabbage, sliced thin (half of small head of cabbage)
- 1 green onion, sliced thin
- 1/8 cup minced cilantro

Make the Baja slaw:

In medium bowl, whisk the lime juice, salt, pepper, and garlic until the salt dissolves. Add the mayonnaise and whisk into a smooth dressing. Toss the cabbage thoroughly first - then add green onion and cilantro to bowl, toss until well coated.