

Pulled Pork Buns with Spicy Coleslaw

360–400 Min

Ingredients 6 Portions

= Kotányi Produkte

1 kg	Neck of pork
3 Stk.	Carrots
1	Leek
1 Stk.	Onion
3 Stk.	Garlic cloves
250 ml	Clear stock
1 pkg.	Roast Pork Seasoning Salt
1 Stk.	Bay Leaves, Whole
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

For the coleslaw

0.5 Stk.	White cabbage
2 Stk.	Carrots
1	Cup of sour cream
1 Stk.	Lime
1 tbsp.	Chili Extra Hot Granules

For the buns

350 g	Flour
175 ml	Water, lukewarm
1 tbsp.	Sugar
2 tbsp.	Sunflower oil
1 pkg.	Dried yeast or blocks of fresh yeast
1 pinch	Sea Salt, Coarse

Preparation

1. Remove the meat from the fridge 1–2 hours before you want to prepare it. To make the roast pork: Preheat the oven to 225°C (437°F). Use a knife to carve diamond-shaped incisions into the rind without cutting through to the meat. Rub the seasoning salt all over the meat and between the incisions in the rind.
2. Fill a roasting pan to finger height with boiling stock. Put the pork rind side down in the roasting pan and put on a low shelf of the oven. Cook for around 15 minutes.
3. Roughly chop the carrots, onion and garlic and add to the meat pan along with the bay leaf. Reduce the heat to 110°C (230°F), then turn the meat and cook rind side up for around 6 hours until the temperature inside the meat is 90–93°C (194–200°F). Use a meat thermometer to check the meat. Keep basting the meat with the stock as it cooks.
4. To make the crackling: Increase the temperature back up to 225°C (437°F) using the grill function and roast the joint until crispy for 5–10 minutes.
5. Then remove the joint from the oven, remove the crackling, roughly chop the crackling and put to one side. Wrap the joint tightly in aluminum foil and allow to rest (preferably overnight.)
6. Remove the bay leaf from the juices and make a sauce: Blend the vegetables in the pan, season to taste with salt and pepper and (if necessary) thicken with corn starch.
7. Remove the aluminum foil, use two forks to shred the meat, mix with some of the sauce and keep warm in the oven.
8. To make the coleslaw: Slice/grate the cabbage and carrots thinly, then dress with the sour cream, lime juice, chili and salt. Allow to infuse in the fridge for at least an hour.
9. To make the dough for the buns: Add the flour and a pinch of salt to a bowl. Add the yeast and sugar to lukewarm water and stir until the yeast dissolves. Mix all the ingredients together and work into a smooth dough either in a food processor or by hand. The dough should be neither too dry nor too moist.
10. Cover the dough with a dish towel and allow to prove in a warm place for around 30 minutes or 1–2 hours for a better rise. Then quickly knead the dough again with your hands and roll out on a floured work surface until it is a similar thickness to a finger. Then allow the dough to prove again for a few minutes.
11. Now cut the rolled-out dough into circles, thinly coat with neutral oil and

then carefully fold together.

12 It's best to use a pan with a steamer insert to steam the buns. To do so, add some water to the pan then put the insert on top. Cut a base out of baking parchment that's the same size as the steamer insert so that the buns don't stick.

13 As soon as the water is boiling in the pan, insert the steamer and steam the buns for around 10–12 minutes with the lid on.

14 When the buns are ready, carefully remove them from the steam and allow them to cool on a rack. Cut the buns, open them out and serve with the coleslaw, pulled pork and crackling and enjoy.