

instant pot kalua pork (aka Hawaiian pork with cabbage)

SERVES 8

RECIPE FROM: [Nom Nom Paleo](#)

COOK TIME: 2 hours

3 bacon slices

5 lb bone-in pork shoulder roast, trimmed of fat

5 peeled garlic cloves, optional

1½ Tbsp [Alaea Red Hawaiian coarse sea salt](#)
or ~1 Tbsp [Alaea Red Hawaiian fine sea salt](#)

1 cup water

1 cabbage, cored and cut into 6 wedges

Notes:

- **Leftovers can be kept in the fridge for 4 days or frozen up to several months.**
- **Crisp up the leftover pork in a skillet for a crunchy, porky delight!**
- **If you're using a different amount of meat, follow [Judy Rodger's rule of thumb](#): use ¾ tsp medium-coarse salt for every 1 lb of meat. If you're using fine salt, use about half that amount.**



DRAPE bacon on the bottom of the Instant Pot.

PRESS the "Sauté" button and in about a minute your bacon will start sizzling. Once browned, flip bacon. Once bacon is browned on both sides, turn off the heat.

SLICE pork roast into three equal pieces while the bacon is cooking.

STAB a few slits in each piece of pork with a sharp paring knife and tuck in the garlic cloves.

SPRINKLE salt evenly over pork.

PLACE salted pork on top of the bacon in the Instant Pot, keeping meat in a single layer.

POUR in water. Cover and lock the lid.

SELECT the "Manual" button and press the "+" button until you hit 90 minutes under High Pressure, then allow 15 minutes of Natural Pressure Release (NPR).

TURN off the Instant Pot, release any remaining pressure and open the lid. Check that the pork is fork-tender. If it's not fall-apart tender, you cook the pork under high pressure for another 5-10 minutes to get the right texture.

TRANSFER cooked pork to a large bowl and taste the cooking liquid remaining in the pot. Adjust seasoning with water or salt, if needed.

CHOP cabbage head into six wedges and add to cooking liquid in the Instant Pot.

REPLACE lid and cook cabbage under High Pressure for 1-5 minutes (depending on the size of the wedges and how tender you like your cabbage).

WHILE cabbage is cooking, shred pork.

ACTIVATE the Quick Release Valve to release the pressure once cabbage is done.

SERVE shredded pork with a pile of cooked cabbage on top.