**Pulled Jerk Pork for Instant Pot**

8-9 lbs. pork shoulder picnic. After trimming we want 5 – 5.5 lbs. of pork.

Make Dry rub:

4 – TBL of brown sugar

1.5 – TBL of chili powder

1.5 – TBL black pepper

2 – tsp onion power

2 – tsp garlic powder

2 – teaspoon cinnamon powder

2 – tsp kosher salt

Make BBQ Sauce

2 – TBL of avocado oil

1 – large onion, diced

8 – garlic cloves pressed

1 – cup ketchup

1 - cup water

2 – TBL maple syrup

2 – TBL honey

2 – TBL apple cider vinegar

2 – TBL Dijon mustard

1 – TBL brown sugar

¼ - tsp of black pepper

¼ - tsp liquid smoke

¼ - tsp cayenne pepper

2 – TBL of olive oil

1. Rinse pork shoulder picnic with cold water and cut into 3” x 3” pieces. (I trim away any fact that can easily be removed. The heat from the pressure cooker will liquify the fat that’s not trimmed, as the pork cooks. More on this later.)
2. Pack the dry rub on the pork and set aside for 30 minutes. Try to get some of the rub on every surface of the pork.
3. While pork is seasoning, add 1 TBL of avocado oil to the Instant Pot and set on Sauté setting.
4. Once oil gets hot, add the onion and garlic to the pot and cook until onion and garlic become translucent (about five minutes).
5. Add the rest of the BBQ Sauce ingredients and cook for 10-15 minutes (until the sauce properly combines and starts to thicken). Pour sauce into a large glass bowl and set aside to cool.
6. Rinse out the Instant Pot.
7. Once the sauce cools, use a blender to blend the BBQ sauce. (A submersible blender works great.)
8. Add 1 TBL of avocado oil to the Instant Pot and set at Sauté setting. Once it gets hot, brown each piece of the pork. Set aside.
9. Add the little pull-out tray to the instant pot
10. Add 1/3 the BBQ sauce to the Instant pot and use it to deglaze the pot.
11. Add the pork and pour the remaining BBQ sauce over it.
12. Close the instant Pot, press the Manual bottom and cook at high-pressure for 55 minutes.
13. After cooking and a natural release of the pressure, remove the pork and shred it.
14. Allow the sauce to cool and refrigerate overnight, to congeal the fat from the pork.
15. Remove the congealed fat from the BBQ sauce
16. Add the sauce to the pulled pork and let it sit overnight. (Yes, you have two overnights in the cooking of this recipe.)
17. Heat in microwave and serve. A 4-5 ounce serving of this pork, with a small bowl of black beans, is delicious.