

MURDER MYSTERY



HAWAIIAN HULA PORK FAJITAS

INGREDIENTS

You can make this early in the day.

HULA PORK

- 1.3 kg pork shoulder roast or butt (remove skin)
- 2½ cups pineapple juice
- 2 tsp ginger
- 2 cloves garlic minced or grated
- ½ cup brown sugar lightly packed
- ⅓ cup soy sauce
- ⅔ cup ketchup preferably organic
- ¼ cup rice vinegar
- 2-3 Tbsp (depending on your taste I used 2)
- 10-12 flour tortillas warmed
(extra if you want x2 per person)
- 200g sharp cheddar cheese shredded
- 1-2 avocados diced

PREP TIME

10 mins

COOK TIME

240 mins

TOTAL TIME

4 hours 10 mins

YOU WILL NEED

- Heavy bottom roasting pot/Dutch oven and/or crockpot.
- Large 4 cup measuring jug or large bowl
- Whisk

METHOD – TWO COOKING OPTIONS

Option 1 - OVEN ROASTED PORK

1. Preheat the oven to 180 degrees Celsius.
2. In a 4 cup glass measuring cup or large bowl combine the pineapple juice, ginger, garlic, brown sugar, soy sauce, ketchup, Siracha and rice vinegar. Whisk to combine.
3. Heat a heavy bottom roasting pot (ie: cast iron or enamel) over medium-high heat and add olive oil. Season the pork all over with salt and pepper. Once hot, add pork and sear on all sides until golden brown (about 2 minutes per side). Remove the whole pot from the heat and slowly pour in half of the pineapple sauce + 2 cups water. Place a lid on the pot and place in the preheated oven.
4. Roast the pork for 3-4 hours or until the pork is falling off the bone and shreds easily. Check the pork half way through cooking to ensure that there is liquid at least half way up the pork at all times.
5. Shred the pork and add the remaining pineapple sauce. Take the shredded pork and toss well with the sauce, then place on the stove to warm throughout, about 5-10 minutes.



Option 2 - CROCKPOT PORK

1. Grease the bowl of your crockpot.
2. In a 4 cup glass measuring cup or large bowl combine the pineapple juice, ginger, garlic, brown sugar, soy sauce, ketchup, Siracha and rice vinegar. Whisk to combine.
3. Heat a heavy bottom Dutch oven or roasting pot over medium-high heat and add oil. Season the pork all over with salt and pepper. Once hot, add pork and sear on all sides until golden brown (about 2 minutes per side). Remove the pork and place it in the crockpot. Pour in half of the pineapple juice mixture. Place a lid on the crockpot and cook on low for 7-8 hours or on high for 4-6 hours.
4. Shred the pork and toss well with the sauce, if desired add more sauce to the crockpot and toss well.

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PINEAPPLE SLAW COCONUT RICE

INGREDIENTS

You can make this early in the day and put it in the fridge.

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#### PINEAPPLE SLAW

- 3 Tbsp Greek yogurt
- 1 Tbsp rice vinegar
- 2 Tbsp fresh pineapple juice
- 1 Tbsp brown sugar
- 1 Tsp orange zest
- Pinch of salt and pepper

- 2 cups shredded cabbage
- ½ cup green onions chopped
- 3 Tbsp fresh coriander chopped
- 1 cup fresh pineapple diced
- 1 jalapeno seeded + chopped

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YOU WILL NEED

- Medium bowl
- Whisk

METHOD

In a medium size bowl whisk together the Greek yogurt, rice vinegar, pineapple juice, brown sugar, orange zest, salt and pepper.

Add the cabbage, green onions, cilantro, pineapple and jalapeño. Toss well.

COCONUT RICE

INGREDIENTS

Make this 30 minutes before you wish to dish up.

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#### COCONUT RICE

- 3 cup uncooked jasmine or basmati rice
- 2 cups light canned coconut milk
- 2 cups coconut water
- ½ Tsp salt
- 6 Tbsp unsweetened flaked coconut
- 2 Tbsp coconut oil

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YOU WILL NEED

- Medium pot
- Wooden spoon

METHOD

Add the coconut milk and coconut water to a medium size pot.

Bring to a low boil and then add the rice, salt, unsweetened coconut and coconut oil. Stir to combine, then place the lid on the pot and turn the heat down to the lowest setting possible.

Allow the rice to cook ten minutes on low and then turn the heat off completely and let the rice sit on the stove, covered for another 20 minutes (don't take any peeks inside!).

After 20 minutes remove the lid and fluff the rice with a fork. Serve inside the fajitas or on the side. Note that rice can cook differently for everyone.

To assemble the fajitas, sprinkle a tortilla with cheese, add some rice, the pork and then the pineapple slaw. Sprinkle on the diced avocados.