

- Prep Time: 15 minutes
- Cook Time: 7 hours (Low) or 4 hours (High)
- Reduction/Glazing Time: 10 minutes
- Total Time: 7 hours 25 minutes
- Servings: 8 servings
- Recipe Intensity / Skill Level: Easy (Beginner-friendly)
- Heat Intensity: Mild (Optional heat adjustments noted below)
- Flavor Profile: Balanced Sweet & Savory, Garlic-Forward, Umami-Rich

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Equipment Needed

- 6-quart (or larger) slow cooker
- Medium mixing bowl & whisk
- Small saucepan (for thickening glaze)
- Liquid measuring cup & measuring spoons
- Tongs
- Meat thermometer
- Meat claws or two forks for shredding/slicing

Ingredients

For the Pork Roast:

- Pork Shoulder / Pork Butt: 3.5 to 4 lbs (1.6 to 1.8 kg), boneless, trimmed of excess outer fat cap (leave roughly 1/4 inch for flavor)
- Kosher Salt: 1.5 teaspoons
- Coarsely Ground Black Pepper: 1 teaspoon
- Garlic Powder: 1 teaspoon
- Smoked Paprika: 1/2 teaspoon
- Olive Oil: 1 tablespoon (optional, for searing)

For the Honey Garlic Glaze:

- Honey: 1/2 cup (preferably raw or clover honey)
- Fresh Garlic: 6 cloves, finely minced or grated (about 2 tablespoons)
- Low-Sodium Soy Sauce: 1/2 cup

- Apple Cider Vinegar: 1/4 cup
- Hoisin Sauce: 2 tablespoons
- Sesame Oil: 1 teaspoon
- Crushed Red Pepper Flakes: 1/2 teaspoon (optional, for mild heat)
- Cornstarch: 2 tablespoons (mixed with 2 tablespoons cold water for slurry)

For Garnish:

- Green Onions: 3 stalks, thinly sliced
- Toasted Sesame Seeds: 1 tablespoon

Step-by-Step Instructions

Step 1: Prep and Season the Pork

1. Remove the pork roast from the refrigerator 20 minutes prior to cooking to reduce the chill.
2. Pat the roast dry thoroughly with paper towels. Removing moisture helps seasonings

adhere better.

3. In a small cup, combine the kosher salt, black pepper, garlic powder, and smoked paprika. Rub the spice mixture evenly over all sides of the pork roast.

Step 2: Sear the Roast (Optional Step for Maximum Flavor)

- Intensity Tip: While you can place the seasoned roast straight into the slow cooker, searing builds a rich crust through the Maillard reaction.
1. Heat 1 tablespoon of olive oil in a heavy skillet over medium-high heat until shimmering.
 2. Sear the pork roast for 2 to 3 minutes per side until a golden-brown crust forms on all sides.
 3. Transfer the seared roast directly into the ceramic basin of your slow cooker.

Step 3: Whisk the Honey Garlic Sauce

1. In a medium mixing bowl, combine the honey, minced fresh garlic, low-sodium soy sauce, apple cider vinegar, hoisin sauce, sesame oil, and optional crushed red pepper flakes.

2. Whisk thoroughly until the honey completely dissolves into the liquid.
3. Pour the sauce directly over the top of the pork roast, ensuring the meat is evenly coated.

Step 4: Slow Cook to Perfection

1. Cover the slow cooker with its lid.
2. Low Heat Setting (Recommended): Cook on LOW for 7 to 8 hours. Cooking on LOW produces the most tender, melt-in-your-mouth texture.
3. High Heat Setting: Cook on HIGH for 4 to 5 hours if short on time.
4. *Doneness Check:* The pork is done when it reaches an internal temperature of at least 145°F (63°C) for slicing, or 190°F-200°F (88°C-93°C) for effortless fork-shredding.

Step 5: Thicken the Honey Garlic Reduction

1. Carefully remove the cooked pork roast from the slow cooker using tongs and set it on a warm cutting board or serving platter. Cover loosely with foil to rest.
2. Ladle the cooking juices out of the slow cooker into a small saucepan over medium-high heat (strain if you prefer a smooth sauce, or leave the garlic bits in for texture).

3. Whisk the cornstarch and cold water together in a small cup until smooth to create a slurry.
4. Pour the cornstarch slurry into the simmering saucepan juices, whisking continuously.
5. Bring the sauce to a rolling boil for 1 to 2 minutes until it thickens into a glossy glaze that coats the back of a spoon.

Step 6: Glaze, Garnish, and Serve

1. To Serve Sliced: Slice the rested pork across the grain into thick slabs. Arrange on a platter and pour the thickened glaze generously over the top.
2. To Serve Shredded: Use two forks to pull the meat apart into chunks. Toss the shredded meat directly back into the saucepan with the thickened glaze until thoroughly coated.
3. Garnish with sliced green onions and toasted sesame seeds before serving hot.

Chef's Tips for Success

- **Selecting the Right Cut:** Pork shoulder (also labeled as Boston butt) contains enough intramuscular fat and collagen to keep the meat juicy during long slow cooking times. Pork loin can be used as a leaner alternative, but reduce cooking time to 4–5 hours on LOW to avoid drying it out.
- **Balancing Salt:** Always opt for low-sodium soy sauce. As the juices reduce into a glaze,

standard soy sauce can become overly salty.

- **Meal Prep & Storage:** Keep leftover pork and glaze in an airtight container in the refrigerator for up to 4 days, or freeze in freezer-safe bags for up to 3 months. Reheat gently in a skillet over medium-low heat with a splash of broth or water.

Serving Suggestions

Pair this rich, sweet-and-savory pork roast with side dishes that absorb or complement the glaze:

- **Steamed Jasmine Rice or Brown Rice:** The ultimate base for catching extra honey-garlic sauce.
- **Garlic Mashed Potatoes or Cauliflower Mash:** Creates a comfort-food pairing.
- **Roasted Green Vegetables:** Steamed broccoli, roasted green beans, or charred snap peas add crunch and balance the richness.

Nutritional Information

Calculated per serving (based on 8 equal servings with sauce included):

Metric	Amount Per Serving
Calories	385 kcal
Total Fat	16 g
Saturated Fat	5 g
Trans Fat	0 g

Metric	Amount Per Serving
Cholesterol	105 mg
Sodium	680 mg
Total Carbohydrates	22 g
Dietary Fiber	0.5 g
Total Sugars	18 g
Protein	38 g
Vitamin D	0.6 mcg
Calcium	28 mg
Iron	2.4 mg
Potassium	580 mg