

Forked Pork with Drunk Cranberry Onion Spaghetti Squash

Ingredients:

For the Spaghetti Squash:

One spaghetti squash cut in half, removing the seeds
Salt and pepper to flavor
2 tbs butter
2 cups dried cranberries
1 red onion sliced

For the Pork:

4 lbs pork shoulder
Salt and pepper to flavor
Bottle of your favorite
Un-sweet white wine

Directions:

2 hours before serving preheat oven to 400 degrees. Place halved spaghetti squash on baking sheet. Sprinkle with salt and pepper. Place one tablespoon butter in middle of each squash. Place in oven and bake for about 1 hour or until a fork can easily be placed in middle and twisted. When done remove from oven and cover with foil until ready to be pulled* apart and tossed with the drunk cranberry onions.

Preheat a crock pot on high. On a clean surface rub salt and pepper all over pork. Place pork in crock pot and pour enough wine to cover the bottom of pot. Cover with lid and keep on high for about 1 hour. Turn to low and cook for 6 more hours until pork falls apart. Pull cooked pork out and place on cutting board covering with foil to rest.

If able to do so, take the crock out and place on stove top. Turn the heat on low to get the juices at a low simmer. Using a wood spoon scrape the bottom of the crock removing all the flavor. Add 2 cups dried cranberries and sliced red onion. Let simmer for about 2 minutes until they are both soft, adding salt and pepper for taste. Pour the cranberry, onion sauce over the spaghetti squash and toss.

Using a fork, pull the pork into portions and place on platter. Spread the spaghetti squash over the pork and serve hot.

*To pull apart cooked spaghetti squash, it is best to use a towel or hot pad so as not to burn your hand. Guard your weak hand and pick up the squash half while your strong hand uses a fork and pulls the spaghetti like strands out of the squash shell. It's that easy! You will be amazed how much this squash looks like spaghetti!