



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Pulled Pork & Pear Bao Buns

6 Servings

## Ingredients

### MARINATED PULLED PORK

1 (15-ounce) can Pacific Northwest Canned Pears, diced, in light syrup, drained, divided and liquid reserved  
2 tablespoons diced red onion  
2 green onions, cut in 1-inch lengths  
1-½ tablespoons gochujang sauce  
¾ teaspoon finely minced garlic  
¾ teaspoon finely minced ginger  
4 teaspoons soy sauce  
1-½ teaspoons rice wine vinegar  
¾ teaspoon kosher salt  
¾ teaspoon sesame oil  
1-½ pounds boneless pork butt, trimmed

### PEAR & CUCUMBER TOPPING

Reserved diced pears  
½ small jalapeno, seeded, ribs removed and finely minced  
2 tablespoons finely diced red onion  
¼ cup finely diced English cucumber  
1-½ teaspoons toasted sesame seeds  
¾ teaspoon sesame oil  
¾ teaspoon rice wine vinegar  
¼ teaspoon kosher salt

### ASSEMBLE & GARNISH

6 bao buns  
Green onions, thinly sliced on the bias  
Coarsely chopped cilantro  
Toasted sesame seeds

## Method

Preheat the oven to 300 degrees F.

To make the marinade, combine half of the pears and half of their liquid, red and green onions, gochujang sauce, garlic, ginger, soy sauce, vinegar, salt, and oil. Stir to combine and set aside.

Place trimmed pork in a roasting pan and pour the marinade over top. Cover the pan with foil, and cook approximately 6 hours, or until pork begins to fall apart.

Remove from oven, pour off marinade and save. Set the pork aside to cool slightly before shredding. Skim fat from marinade, purée marinade in a blender, and return to a saucepan to reduce slightly.

Make the topping while the pork is cooling and the sauce is reducing. Combine reserved drained, diced pears, jalapeno, red onion, and cucumber in a mixing bowl. Add 2 to 3 tablespoons remaining reserved liquid from the pears, sesame seeds, oil, vinegar, and salt. Stir to combine and refrigerate for up to 4 days.

Shred pork, toss with reduced marinade and warm through. To assemble, steam the bao buns according to instructions on package. Fill with pork, top with a spoonful of Pear and Cucumber Topping, and garnish with green onions, cilantro, and sesame seeds.

## Servings

Makes 6 bao buns

## Nutrition

Calories:	343
Total Fat:	13 g
Saturated Fat:	4 g
Cholesterol:	74 mg
Sodium:	769 mg
Carbohydrate:	33 g
Fiber:	3 g
Sugar:	14 g
Protein:	23 g
Calcium:	72 mg
Iron:	3 mg

Recipe by Chef Nick Machcinski, University of Michigan, Ann Arbor, MI  
[eatcannedpears.com](http://eatcannedpears.com)