

Hawaiian-Style Shredded Beef - Slow Cooker Kalua Beef Recipe

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METHOD

Slow cooker

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INGREDIENTS

- 5 pounds boneless beef chuck roast or brisket
- 1 tablespoon Alaea sea salt (Hawaiian red salt)
- 1 tablespoon liquid smoke

DIRECTIONS

1. Prepare the beef. Pierce the beef all over using a fork or sharp knife. This helps the seasoning penetrate the meat.
2. Season the roast. Rub the Alaea sea salt evenly over the entire surface of the beef.
3. Place in the slow cooker. Set the beef inside the slow cooker and drizzle liquid smoke over the top.
4. Slow cook the meat. Cover and cook on low for 14-16 hours until the beef is extremely tender and easily pulls apart.
5. Shred the beef. Remove the meat from the slow cooker and shred it using two forks. Discard excess fat if desired.
6. Optional crisping step. Spread the shredded beef on a baking sheet and broil for a few minutes until the edges become slightly crispy.
7. Serve warm. Enjoy the shredded beef with rice, rolls, tacos, or sliders.

SWAPS & NOTES

Beef Cuts Chuck roast works best because it becomes incredibly tender after slow cooking.

Alaea Sea Salt This traditional Hawaiian red salt adds a unique mineral flavor, but regular coarse sea salt can be substituted if needed.

Liquid Smoke A small amount goes a long way.

It creates the smoky flavor that mimics the traditional underground cooking method used for kalua meat.

TIPS FOR SUCCESS

Use a large roast The longer cooking time works best with larger cuts of beef.

Cook on low heat Low and slow cooking ensures the meat becomes tender without drying out.

Don't skip the piercing step This allows the salt and smoke flavor to penetrate the beef.

Try the broiling finish Crispy edges add a great texture contrast to the tender meat.

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Original recipe: <https://chefmaniac.com/hawaiian-style-shredded-beef-slow-cooker-kalua-beef-recipe/>