

## Hawaiian-Style Shredded Beef: Slow Cooker Kalua Beef Recipe

Hawaiian-Style Shredded Beef



**TIME**  
**5 min**

**METHOD**  
**Slow cooker**

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### INGREDIENTS

**Beef:** 5 pounds boneless beef chuck roast or brisket (Chuck is my preference for its superior marbling).

**Alaea Sea Salt:** 1 tablespoon (This is Hawaiian red salt; it has a unique mineral finish).

**Liquid Smoke:** 1 tablespoon (Hickory or Mesquite works best to mimic the imu).

**Swaps and Notes:**

**The Salt:** If you can't find Alaea red salt, use a high-quality coarse sea salt or Himalayan pink salt. Avoid standard table salt, as it lacks the mineral depth required for this dish.

**The Liquid Smoke:** A little goes a long way. If you aren't a fan of intense smoke, you can reduce this to 2 teaspoons, but don't skip it entirely-it's what provides the "Kalua" character.

**Optional Cabbage:** In the last hour of cooking, you can toss in half a head of shredded green cabbage. It wilts down into the beef juices and adds a lovely sweetness.

**Crowd-Pleasing Side:** If you're serving this at a party, it pairs perfectly with Game Day Totchos for a high-energy spread.

**Step-by-Step Instructions:**

1. Prep the Meat:
2. Season Generously:
3. Slow Cook:
4. The Long Wait:

5. Shred and Finish:

6. The "Chef's Kiss" Broil (Optional):

Tips for Success:

Temperature Matters: Always use the "Low" setting. High heat tends to boil the meat, which can make it tough and stringy rather than tender and juicy.

Quality Liquid Smoke: Since there are only three ingredients, the quality of your liquid smoke matters. Look for a brand that lists "smoke and water" as the only ingredients without added caramel color or artificial flavorings.

Patience with Slicing: If you find the meat isn't shredding easily, it's not done. Put the lid back on and give it another hour.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 450 kcal

Total Fat: 30g

Saturated Fat: 12g

Carbohydrates: 0g

Protein: 42g

Sugar: 0g

Storage and Leftover Tips:

Fridge: This beef stores exceptionally well. Keep it in an airtight container with some of its juices for up to 4 days.

Freezer: This is a meal-prepper's dream. Freeze in portions for up to 3 months.

The "Leftover Transformation": The next day, sauté some of the cold beef in a pan with a little taco seasoning for the best beef tacos you've ever had!

More Recipes You Will Love:

Walking Taco Bar - The easiest way to host.

Sheet Pan Quesadillas - Fast and foolproof.

3-Ingredient Egg Wraps - A quick lunch alternative.

## DIRECTIONS

- 1. Prep the Meat:** Take your chuck roast and pat it dry with paper towels. Using a sharp knife or a large fork, pierce the meat all over. These small holes allow the salt and the liquid smoke to penetrate deep into the center of the roast rather than just sitting on the surface.
- 2. Season Generously:** Rub the Alaea sea salt all over the beef. Don't be afraid to really massage it into the meat. The salt doesn't just season; it helps break down the muscle fibers over the long cook time.
- 3. Slow Cook:** Place the seasoned beef into your slow cooker. Drizzle the liquid smoke over the top. Do not add water or broth. The beef will release its own juices, and adding liquid will dilute that intense smoky flavor we are looking for.
- 4. The Long Wait:** Cover and cook on LOW for 14 to 16 hours. Yes, you read that correctly! While you can cook it for 8 hours on high, the 14-hour low-temp method is what creates that "premium" fall-apart texture.
- 5. Shred and Finish:** Once the timer is up, the beef should be swimming in its own juices and literally falling apart. Remove it to a large bowl and use two forks to shred it. Discard any large pieces of unrendered fat.
- 6. The "Chef's Kiss" Broil (Optional):** For the best results, spread the shredded beef on a baking sheet and drizzle with a little of the leftover juices. Broil on high for 3-5 minutes until the tips of the beef become crispy and caramelized.
- 7. Tips for Success:** Temperature Matters: Always use the "Low" setting. High heat tends to boil the meat, which

can make it tough and stringy rather than tender and juicy.

8. **Quality : Liquid Smoke:** Since there are only three ingredients, the quality of your liquid smoke matters. Look for a brand that lists "smoke and water" as the only ingredients without added caramel color or artificial flavorings.
9. **Patience with : Slicing:** If you find the meat isn't shredding easily, it's not done. Put the lid back on and give it another hour.
10. **Serving Suggestions and Pairings:** The most authentic way to serve Kalua Beef is over a bed of steamed white jasmine rice with a side of creamy mac salad. The starchiness of the rice and the creaminess of the salad perfectly balance the salty, smoky beef.
11. **If you're looking to feed a crowd fast,** this beef is incredible when served in Sheet Pan Quesadillas or as a topping for Tater Tot Nachos. For a beverage, a cold Kona coffee or a pineapple-infused sparkling water keeps the island theme going beautifully.
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21. **More Recipes You Will Love:** If you're a fan of set-it-and-forget-it meals and crowd favorites, try these:
22. **Walking : Taco Bar -** The easiest way to host.
23. **Sheet : Pan Quesadillas -** Fast and foolproof.
24. **3-Ingredient Egg Wraps -** A quick lunch alternative.
25. **Easy : Turkey Wings -** Pure Sunday comfort food.

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## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/hawaiian-style-shredded-beef-slow-cooker-kalua-beef-recipe-2/>