



THE FRONT BURNER

RECIPES, COOKING TIPS & MORE FROM THE CULINARY SUPERSTORE

BBQ Pulled Pork

Serves 6 - 8

The secret to tender, succulent, perfect BBQ Pork is a “low & slow” cooking process. Think of your grill as an outdoor slow cooker, similar in cooking technique to your indoor appliance. “Low and slow” coaxes tough cuts of meat into tenderness. The low temperatures melt the marbled veins of fat accomplishing internal basting and overall moistness. Set up this “low and slow” environment either with a gas grill on a very low temperature, a charcoal grill with “indirect heat” or on a ceramic cooker, as used in our recipe below.

Ingredients:

1 (8 – 10 lb) pork butt (shoulder roast), bone in

Rib Rub:

2 tablespoons Lawry's salt
2 tablespoons sugar
1 tablespoon chili powder
2 tablespoons steak seasoning
1 tablespoon sweet smoked Spanish paprika
1 tablespoon garlic powder
2-3 teaspoons cayenne

Directions:

1. IN A BUCKET OF WATER, soak a handful each of lump chunk apple and hickory wood. Soak for at least 1 hour.
2. NEXT, PREPARE THE DRY RUB MIXTURE by mixing all the spices together. Rub generously all over the pork butt. Set aside at room temperature for an hour.
3. PREPARE YOUR GRILL OR CERAMIC COOKER as the spice rub infuses. If you're using a ceramic cooker, fill the firebox with lump charcoal and open the lower vent fully. Ignite the charcoal using an electric starter and leave the lid open until the coals begin to glow red. Then, add the soaked wood chunks and stir together with the charcoal. Place the plate setter on with the legs up. Put a drip pan on the plate setter. Close the lid, and let the cooker temperature get to 250°F.
4. ONCE THE GRILL REACHES THE IDEAL STABLE TEMPERATURE OF 250°F, you are ready to quickly add the meat. Work carefully and efficiently to preserve the ideal temperature. Place the pork butt on the grill so that it aligns with the drip pan below.

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PRO TIP: Use probe thermometers to monitor the grill temperature and the internal meat temperature. Remember, the internal temperature can stall for up to a couple of hours and then take off again. This process takes patience and time.

5. AFTER ABOUT 8 HOURS THE BARK (OUTER CRUST) SHOULD BE FULLY FORMED. And the internal temperature of the pork should reach 190-195°F which is the ideal temperature for creating the pulled pork texture.

6. REMOVE THE PORK BUTT from the grill and let it rest while wrapped in foil and a towel or blanket for at least 1 hour.

7. USING MEAT CLAWS or two forks, shred the pork while working on a cutting board. Mix in some of the spicy bark, but remove most of the excess bark, fat, and the bone. Serve the pulled pork with a side of your favorite BBQ sauce and enjoy immediately!