



THE MEAT HOUSE: 60+ Minute Recipe

Your Neighborhood Butcher

LONG COLD WINTER BBQ PULLED PORK

Yields: 8-10 Servings

Brine:

Equal parts apple cider vinegar and water.

**Amounts change based on the size of the meat and container.*

Dry Rub:

Combine ½ cup each, brown sugar, chili powder, kosher salt, ground pepper, granulated garlic, dried parsley flakes, ground sage and dried onion flakes.

Note: extra rub can be kept for months in an air tight container in a cool, dark place. 1 fresh pork shoulder, boneless, 5 to 7 pounds

Instructions

The night before cooking, find a suitable container to brine the pork. If the pork is tied, untie the shoulder. Using a large fork, poke the meat full of holes so the brine will penetrate the meat. Completely submerge the meat. If unable to completely submerge the pork, turn it a few times as it brines. Refrigerate the container and brine over night. Save yourself time in the morning by preparing the rub now. The morning of cooking, remove the pork and spread the meat open on a cutting board. Pat off excess moisture with paper towels, the meat will not be dry. Take the rub and liberally season the meat on all sides, including inside where the bone was, making sure to pat the seasoning into the meat with your hands. Let the meat stand for one hour. ** Pre-heat your oven to 300 degrees. Fold the shoulder back into shape, but do not re-tie with twine. Place the meat on a long strip of aluminum foil and tightly wrap it up. Use more foil as necessary to securely encase the meat. Try to be as air and drip tight as possible. Place the package into a roasting pan to catch any leaking drippings and place the pan on a rack in the center of the oven. If using a meat probe thermometer, place the probe in the deepest part of the meat. Close the oven and roast for approximately six hours. Remove the pork when the thermometer reads between 185 and 200 degrees. Let the meat rest in the foil for 30 – 45 minutes. Open the package in the pan, juices will flow from the foil. The meat



Options

- You can, but do not need to, add seasoning to the brine.
- Liquid smoke, whole pepper corns, onion and hot sauce are favorites!
- Play with the rub until you get something you enjoy.
- Favorite substitutions are powdered chipotle or ancho peppers, fresh herbs, smoked salt and lemon pepper.
- The Meat House offers all the fixings, grab 'em and go! What could be easier?

will be hot and falling apart. Carefully move the meat to a large cutting board and pull it apart with two forks. Transfer the pork to a bowl and cover to retain the as much moisture as possible.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com