

Carolina-Style Pulled Pork Shoulder

Serves 12

Times:

10 minutes prep time

360 minutes cook time

Ingredients:

5 pound boneless pork butt (shoulder)

Hardwood chips, soaked in water for 1 hour

12 hamburger buns

Rub:

2 tablespoons salt

2 tablespoons paprika

1 tablespoon black pepper

2 teaspoons cayenne

Baste:

1/2 cup bourbon

2 tablespoons molasses

1 1/2 cups cider vinegar

1 cup water

2 to 4 chipotle chiles, chopped *

2 tablespoons salt

1 tablespoon black pepper

1 tablespoon crushed red pepper

Cooking Directions:

In a small bowl, mix together the rub ingredients, set aside.

In a saucepan, mix together the baste ingredients, simmer for 5 minutes. Divide into two portions; set aside.

Rub pork shoulder on all surfaces with rub mixture; cover and refrigerate up to 24 hours. In a charcoal grill with a cover, place preheated coals around a drip pan for medium indirect heat. Sprinkle half of the wood chips over the coals. Place meat on grill rack over drip pan. Cover and grill about 5-6 hours or until meat is very tender. Add more preheated coals (use a hibachi or a metal chimney starter to preheat coals), wood chips every 1 to 1 1/2 hours, to maintain a medium-low heat. Smoke until internal temperature is about 170 degrees F. Baste shoulder with one portion of sauce every 20 to 30 minutes during the last 2 hours of cooking. Remove meat from grill; cover with foil and let stand for 20-30 minutes. Using a fork, shred meat into long, thin strands. Pour remaining sauce over shredded meat; toss to coat. Serve on buns.

Serving Suggestions:

Long and slow is the way to prepare shoulder for this pulled pork. Serve with coleslaw and potato salad.

Nutrition:

Calories: 461 calories

Protein: 35 grams

Fat: 20 grams

Sodium: 2645 milligrams

Cholesterol: 110 milligrams

Saturated Fat: 7 grams

Carbohydrates: 28 grams

Fiber: 2 grams