

# Pulled Pork

## INGREDIENTS

- 7 pounds Pork butt (pork shoulder)
- 2 tablespoons Olive Oil
- 0.5 cup Kosher Salt
- 0.5 cup Sugar in the raw
- 0.25 cup Brown Sugar
- 1 tablespoon Granulated Garlic
- 1 tablespoon Granulated Onions
- 2 tablespoons Paprika
- 2 tablespoons Chili Powder
- 2 tablespoons Pepper, Freshly Ground
- 2 teaspoons Cayenne Pepper
- 1 tablespoon Thyme
- 1 tablespoon Ground Cumin
- 1 teaspoon Ground Nutmeg
- 1 teaspoon Granulated Garlic
- 12 Buns

## METHOD

1. Make the rub. Combine: {Salt, Sugar in the raw, Granulated Brown Sugar, Granulated Garlic, Granulated Onion, Paprika, Chili Powder, Freshly Ground Black Pepper, Cayenne Pepper, Thyme Leaves, Cumin, and Ground Nutmeg.}
2. Rub the meat with the oil and then sprinkle liberally with the rub. Put in the refrigerator for at least for 12 hours.
3. Prepare the grill or smoker indirect at 225f - 275f using maple and cherrywood for flavour.
4. Put the meat in the egg and cook until the internal temperature is 160°. This should take 6 to 8 hours. (1.5 to 2 hours per pound if cooking at 225f). This can be accelerated by cooking it at 275f - 300f, which should knock 2 / 3 hours off of this step.
5. Lay out a big double piece of heavy duty aluminum foil and put the pork butt in the middle. As you begin to close up the package pour the apple juice (or apple cider) over the top of the butt and then seal the package, taking care not to puncture it put it back in the cooker. Return the package to the cooker and cook until the meat reaches an internal temperature of 195°. This should take another 2 to 3 hours. Remove the package from the cooker to a baking sheet.
6. Open the top of the foil to let the steam out and let it rest for ½ hour. Using heavy neoprene gloves or a pair of tongs and a fork transfer the meat to a big pan. It will be very tender and hard to handle.
7. Discard the juices as they will be quite fatty. Shred the meat discarding the fat and bones. It should just fall apart. Continue to pull the meat until it's shredded enough to make a sandwich. Add 1 cup of the sauce and mix well. Reserve the additional sauce for serving on the side. Serve on fluffy white buns.



### Preparation

- Marinate: 12 Hours
- Cook: 12 Hours
- Rest: 1 Hour

### Rating



### Difficulty



### Course

Main

### Cuisine

North American

### NUTRITION FACTS

Servings: 10

#### Amount Per Serving

Calories: 1026

**Total Fat:** 54.74g

**Cholesterol:** 307mg

**Sodium:** 683mg

**Total Carbs:** 35.59g

**Dietary Fiber:**  
2.68g

**Sugars:** 15.71g

**Protein:** 85.65g



40% of the weight of the pork is lost during cooking



Average half pork butt is ~8 pounds

**Categories:** BBQ, Big Green Egg, Pork

(10 servings)