



PULLED PORK

INGREDIENTS

- 1.8kg Pork Shoulder (skin on)
- 30g Kansas City Rib Rub or 30g Memphis Belle or 30g Rub Me Tender or 30g Hasta Barista Baby
- 20g Salt
- 50ml Barbecue Sauce
- Crusty rolls to serve

Pulled Pork is American BBQ at it's best, but is easy to do in an oven as well if you follow our simple recipe. This can store in the fridge afterwards, and seems to keep getting better for days.

INSTRUCTIONS

1. Prepare the pork joint the night before cooking by rubbing the meat with the spice rub. Make sure to get into all the nooks and crannies, but don't waste it on the skin, which will be being discarded
2. Rub the salt over the skin
3. Place in the middle of an oven at 145 °C for 5 hours
4. After 5 hours, remove the joint from the oven, peel off the skin, score the fat with a knife and smother with barbecue sauce
5. Place the joint back in the oven for a further hour, turning the temperature up to 190 °C for the final 15 minutes
6. Remove the joint from the oven and allow to rest for 20 minutes before shredding with forks
7. Pour over any juices from the cooking pan and mix thoroughly
8. Serve with crusty rolls and more barbecue sauce



Feeds
6



Prep time
10 m



Cook time
6 h

