



courtesy of Who Are Those Guys? BBQ Competition Cooking Team
<http://www.watgbbq.com/>

Pulled Pork BBQ

In my humble opinion, Pork BBQ is the easiest of the 4 KCBS meats to cook for the beginner BBQ cook. Now, please don't think that by that statement, I mean that cooking competition pork is by any means easy, its not. As a matter of fact, pork has been the most difficult meat for me to cook properly at a contest, our anchor, so to speak. But what I can tell you is, it sure does eat good, enjoy!

Ingredients:

7-10 LB blade in pork butt (can also use a picnic)
½ cup 3 Eyz Championship BBQ Rub
½ cup apple juice
1 cup your favorite BBQ Sauce

Instructions:

Prepare an indirect fire in your grill, control your heat source to make a constant temperature of 225-240 degrees.

Trim most of the excess fat from the exterior of the pork butt.

Generously coat exterior with the rub, allow to rest for 20 minutes for rub to adhere.

Place into your cooker away from the heat source. Depending upon the size of the unit, you may have to periodically rotate the butt to prevent the side closest to the heat source from burning.

Plan on maintaining a constant temperature in your unit for 8-10 hours.

When the internal temperature of the butt reaches 165-180 remove butt. Carefully place into a large sheet of heavy duty foil. Add the apple juice to the bottom of the foil, wrap and seal the foil around the butt. Return the wrapped butt to the cooker and continue to cook until the internal temperature is between 195-205 or until the temperature probe can be inserted with minimal resistance.

Be careful that you do not poke a hole into the bottom of the foil wrapping which will cause you to loose all of the liquid. I like to sit the wrapped butt into a ½ aluminum pan.

We the desired internal temperature is reached remove the wrapped butt and allow to rest for 1-1.5 hours.

Remove butt from foil and reserve liquid. With gloved hands separate and shred the pork , removing and discarding the fat. Make the pieces whatever size you like. Place into a pan, adding reserved juice if product appears dry.

If desired, add BBQ sauce to shredded pork or serve it on the side.

Best if served on a good roll with cole slaw and or baked beans on the side