

The Marv's Meats Recipe Collection #56

Pulled Pork

Start with one whole pork butt (shoulder) then make a rub. Marv usually throws together a teaspoon or two of salt, black pepper, garlic powder, paprika, chili powder, thyme & cumin. You can add or subtract just about anything you have in your cupboard according to your personal taste or you can buy a prepared rub – there are really no rules. Liberally coat the pork butt with the rub, wrap in plastic wrap and refrigerate overnight.

Pre-heat your oven to 225°. Heat 3-4 TBS of olive oil in a large skillet or Dutch oven and brown pork butt on all sides. When browned remove from heat, add 1 cup chicken stock, cover and roast in pre-heated oven at least 5 hours. For the pork to 'pull' properly the internal temperature should be 190°-200°. When done remove from oven and literally 'pull' the pork apart with forks – discard bone excess fat and any other yucky stuff.

To cook the roast on a grill use low, indirect heat (if your grill has a thermometer adjust heat to achieve 225°). Cook 2 ½ hours, turning occasionally to brown evenly, then wrap in foil and cook another 2 ½ hours or so until the pork will 'pull.'

The 'Pulled Pork' can then be served in any of a number of ways: pile it on a bun or roll with or without cheese and top with your favorite condiment; top with your favorite BBQ sauce for Bar-B-Que pork sandwiches. Marv's favorite: mix equal amounts of Miracle Whip and minced, oil-packed sun-dried tomatoes (a food processor works the best). Spread a generous amount of the tomato mixture on both halves of a lightly toasted French baguette, lay slices of brie cheese on the bottom half of the baguette, heap the hot pulled pork on top of the brie, top with the other half of baguette and 'pig out.'



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