

Perfect Pulled Pork

Courtesy of Carole's Creations

Prep Time: 10 minutes

Dry Rub Marinate: 2 ½ hrs or overnight

Cooking Time: 4 hours or slow cook 6-7 hours

Serves: 6-8 sandwiches or 10-12 Southern tacos

CChints: Pulled pork can be used for sandwiches, Southern Tacos or over a salad. Liquid Smoke is one of the key ingredients in this recipe and you can find it on the isle with the BBQ sauces.



Dry Rub:

2 Tablespoon brown sugar

2 Tablespoon salt

2 Tablespoon pepper

2 Tablespoon smoked paprika

1 Tablespoon cinnamon

2 teaspoon garlic powder

4 pound shoulder pork roast

1 cup Apple juice, no sugar added

1 cup reduce-fat, low sodium Chicken broth

¾ cup apple cider vinegar

2 Tablespoon Worcestershire sauce

1 Tablespoon liquid smoke



Dry Rub: Combine all the dry rub items together and blend well. Roll out a large sheet of plastic wrap onto your work surface....long enough to wrap around the roast. Wash and dry your roast and place it on the plastic wrap. Spread the rub over all sides of the roast and wrap tightly in plastic wrap and place in a large bowl. It's important to put it in a bowl or deep platter because as the roast absorbs the rub it will release juices that can leak out of the plastic wrap. Put in the refrigerator for at least 2 -1/2 hours but even better to let it sit overnight. The roast is ready to be cooked in the oven or slow cooker. Remove the roast from the refrigerator and discard the plastic wrap.

Oven Method: Preheat oven at 325 degree F. Combine all the wet ingredients in a Dutch Oven and add the roast to the Dutch Oven. Cover and roast for 4 hours or until the roast is the tender enough to pull apart with a fork. Turn the roast over half way through the cooking time or spoon the broth over the top.

Slow Cooker: In the Slow Cooker, combine the wet ingredients and add the roast. Cover and cook over medium heat for 6 to 7 hours until it is so tender it pulls apart with a fork.

When the roast is done, using either method, remove it from the pan onto a cutting board or large serving platter. Let it cool slightly. Shred the pork with a fork and you are ready to eat.

Serve with your favorite BBQ sauce on a sandwich or by itself on a plate. Serve with cole slaw. If you are making Southern Tacos, fill taco shells with meat and coleslaw. Garnish with pickle relish, chopped fresh onion and cheese.