



Pulled Pork Sandwiches

Recipe courtesy of Dr. BBQ.

Ingredients:

One 7 to 8 pound pork butt, fat cap trimmed off
2 tablespoons vegetable oil
Big Time BBQ Rub (Recipe below)
½ cup apple juice
2 cups Dr. BBQ's Carolina Barbecue sauce (Recipe below)
12 hamburger buns

Instructions

Rub the meat with the oil and then sprinkle liberally with the rub. Put in the refrigerator for at least a half hour and up to 12 hours.

Set the EGG for indirect cooking at 275°F/135°C using hickory and cherry smoking wood for flavor. Put the butt in the EGG and cook until the internal temperature is 160°F/71°C; this should take 6 to 8 hours. 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 over the top of the butt and then seal the package, taking care not to puncture it put it back in the EGG and cook until the meat reaches an internal temperature of 195°F/91°C; this should take another 2 to 3 hours. Remove the package from the EGG to a baking sheet. 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. 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 topped with cole slaw.

Makes 12 sandwiches

Big Time BBQ Rub

From Dr. BBQ's Big Time Barbecue Cookbook™ by Ray Lampe and published by St. Martin's Press

This is a very good and basic BBQ Rub. It works well on any food for smoking or grilling.

½ cup salt
½ cup turbinado sugar
¼ cup granulated brown sugar
1 tablespoon granulated garlic
1 tablespoon granulated onion
2 tablespoons paprika
2 tablespoon chili powder
2 tablespoon freshly ground black pepper
2 teaspoons cayenne
1 tablespoon thyme leaves
1 tablespoon ground cumin

1 teaspoon ground nutmeg

Combine all ingredients, mix well, and store in an airtight container.

Yields 1½ cups

Dr. BBQ's Carolina Barbecue Sauce

From The NFL Gameday Cookbook" by Ray "Dr. BBQ" Lampe and published by Chronicle Books

1 c vinegar

2/3 cup catsup

2 teaspoons sugar

1 teaspoon salt

1 teaspoon Worcestershire

½ teaspoon red pepper flakes

In a small saucepan mix together the vinegar, catsup, sugar, salt, Worcestershire and pepper flakes. Cook over low heat for 5 minutes stirring to blend.

Yields about 2 cups