

Pork Shoulder Injected with Pork Confit

Recipe courtesy of The Four Sauce Men <https://www.thefoursauce.com/>

Ingredients

1 large pork shoulder, about 8 lbs (3.6 kg)
Oil or mustard as a binder for the rub
1 cup (240 ml) pork confit (see recipe below)
¼ cup (100 g) Big Green Egg Sweet & Smoky Seasoning
Apple juice for spritzing the shoulder
Good quality beer for the cook's hydration

Method

Inject the pork shoulder, in a grid pattern, with the homemade pork confit 12 hours prior to cooking. 30 minutes prior to cooking, coat the shoulder in oil or mustard so that the rub sticks.

Set the EGG for indirect cooking with the convEGGtor at 250°F/121°C.

Place the pork shoulder on the grid, fat side down to protect the meat. Smoke until you reach an internal temperature of 160°F/71°; spritzing hourly with the apple juice. At this point, wrap the shoulder first in butcher paper, then foil to preserve the bark. Once wrapped, place the foiled shoulder into a Drip Pan to hold any leaking juices.

Cook to 195°F/90°C and start probing the meat until it feels like soft butter; this ranges between 195°F/90°C to 203°F/95°C – or more sometimes. Remove the pan from the EGG, and rest the meat for 90 minutes plus. After 90 minutes, unwrap the meat and remove the shoulder bone. This should pull out cleanly. Be careful to save the juices – you can use them in your next batch of confit.

Use Meat Claws or insulated gloves to pull the meat apart.

For the Pork Confit

To make a great pork confit, use about 3-4 lbs (1.4-1.8 kg) pork offcuts, belly or bacon hocks.

Place in a Dutch oven and submerge in duck fat. If you have any flavors you want to impart, now is a good time to get them in. Bay leaves are great.



Set the EGG for indirect cooking with the convEGGtor at 225°F/107°C. Add the Dutch oven to the EGG and cook for 12 hours or until meat is falling apart. Remove the larger pieces of meat and filter the oil through a large coffee filter. You should have a golden clear liquid. You may need to filter more than once.

