



FINCH + FENNEL

Southern Pulled Pork

Low heat and slow cooking time is the key to tender, moist pulled pork. Don't be afraid to start early because it can take longer than expected. If it gets done early, wrap it in foil and put it in a cooler. It will keep warm for hours after it is done.

INGREDIENTS:

- 1 Pork Shoulder/Boston butt
- ¼ c F+F Organic Mesquite Seasoning Rub
- 3 Tbsp Yellow Mustard
- ¼ c Olive Oil
- ½ c Apple Juice
- F+F Kentucky-Style Sweet Molasses BBQ Sauce, to taste

INSTRUCTIONS:

1. Rub pork shoulder/butt with yellow mustard (gives seasoning something to stick to), then generously rub with F+F Organic Mesquite Seasoning Rub. Wrap it and let it sit in the refrigerator for 24 hours to allow the spices to penetrate the meat.
2. Heat smoker/grill or oven to 225°F. Indirect heat works the best and add your favorite soaked wood chips to add the smoked flavor.
3. Allow pork to come to room temperature, then place in smoker or oven.
4. Smoke/roast Boston Butt about 60-90 minutes per pound.
5. Every 2 ½ hours, turn the roast, to ensure even cooking. Mop with combination of apple juice and olive oil to keep it moist.
6. The meat is done when the internal temperature is above 190°F.
7. Let the smoked/roasted Boston Butt sit for about an hour after it is done so you don't burn your fingers as you pull the meat or use pulling forks. After pulling the pork roast apart, apply F+F Kentucky Style Sweet Molasses BBQ Sauce, to taste, & serve!



Enjoy!

