



BBQ Pulled Pork

Tender and delicious! we use pork shoulder or Butt (which has a bit more fat) to create this classic dish at home. It takes some time, but it is well worth it. Enjoy on a fresh ciabatta bun with some coleslaw and a side of baked beans.

Ingredients:

2-3 lb pork shoulder or Buttroast

For The Brine

6 cups water

¼ cup salt

⅓ cup sugar

1 oz whiskey, bourbon or rum
(optional)

2 cloves garlic, smashed

Few sprigs parsley

Sprig of rosemary

7 whole peppercorns

1 bay leaf

For The Rub

2-3 tsp vegetable oil

2 TBL Monsoon Coast BBQ & Roast
Rub

For The Smoke

2 cups wood chips (apple, mesquite or similar) soaked in water. We like to use young (green) branches from Red Alder trees which are plentiful on Salt Spring Island and were traditionally used by the First Nations People for smoking fish.

Spices Used: BBQ & Roast Rub

Instructions:

1 - Mix together the ingredients for the brine in a pot or bowl large enough to hold the pork. Stir well until the sugar and salt dissolve.

2 - Gently put the roast into the brine and refrigerate for 6-8 hours

3 - Remove roast from the brine, pat dry with paper towels. Rub all sides with vegetable oil, then a generous sprinkling of Monsoon Coast BBQ & Roast Rub. Let rest at room temperature about 1 hour.

4 - Meanwhile, soak woodchips in water for 30 minutes.

5 - Pre-heat the BBQ to medium heat. Place roast on the grill and cook about 5 minutes per side until all sides are nicely browned; 20 minutes in total.

6 - Drain chips and place 1 cup of chips on a piece of aluminum foil, wrap loosely and puncture holes in the top of the packet. Repeat with the second cup of chips.

7 - Turn off the burner under the pork leaving the other burner on medium-high. Place the first packet of wood chips on the lit burner. Close the lid and smoke the pork for about 60 minutes. Refresh the wood chips after the smoking has subsided from the first packet of chips.

8 - Meanwhile, preheat oven to 300°F. Remove pork from the BBQ and place in a small roasting pan with a tight-fitting lid (or cover tightly with foil).

9 - Put ½ cup water in the bottom of the pan and roast for 2.5 to 3 hours or until the meat is tender and falling apart.

10 - When cool enough to handle, Pull pork apart.

11 - Serve on a bun with some of the juice from the roasting pan or your favourite BBQ sauce.

Try this version of sauce:

1 part ketchup, 1 part vinegar, 1 part brown sugar, 1 part water, a bit of BBQ & Roast Rub and salt. Mix together, heat briefly and serve.