

BBQ Pulled Pork – Low and Slow

Recipe Breakdown

- **Skill level:** Intermediate
- **Core ingredient:** Pork
- **Egg mode:** Indirect
- **Serving quantity:** 10-15
- **Prep time:** 15 minutes
- **Cook time:** 5+ hours

Egg Setup

1. **Pre soak** a handful of hickory chips.
2. When the EGG is up to temperature and you are ready to start cooking drain the water from the wood chips remove the plate setter and sprinkle the wood chips in a large circle on the charcoal.

Ingredients

Dry Rub

- 2 tablespoons paprika
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- half a teaspoon ground cumin
- half a teaspoon of chilli powder
- two teaspoons salt and pepper

Main Ingredients

- 1.8kg shoulder of pork or collar fillet

Tips & Techniques

When cooking meat slowly, the 'pink ring' is often considered to be the 'Barbecuers Badge of honour'. A good smoke ring is about 1/4 inch in thickness and indicates a consistent low and slow cook with wood smoke. The smoke ring is caused by a chemical reaction between the nitrogen dioxide in the wood smoke reacting with the water in the meat.

Prep

1. Pat the shoulder dry of any moisture

2. Mix the dry ingredients together in a bowl and add to the meat, thoroughly rubbing into the surface with your fingertips.

Directions

1. **The EGG** should already be set up for indirect cooking, with Plate Setter
2. **Target temperature** is 220F/110C
3. When you have finished massaging the dry rub into the pork shoulder and are ready to start cooking, drain the water from the wood chips remove the plate setter and sprinkle the wood chips in a large circle on to the charcoal.
4. Replace the Plate Setter, and the Stainless Steel Grid and add brisket on top.
5. If using a dual probe thermometer to monitor the internal cooking temperature of the Pork, insert it into the meat now and attach the second probe to the EGG bars to monitor the EGGs temperature. Be sure to check your transmission device is registering the two temperatures. Otherwise you can check your pork's progress at hourly intervals with a digital thermometer.
6. You are looking to cook the pork until the internal temperature in the thickest part of the meat registers 185F-195F on a digital thermometer. The weight of pork will define the cook time and slow cooking can take anywhere from 5 - 12 + hours.
7. If using a dual probe remote thermometer you will notice that the internal temperature of the meat slowly rises and then apparently plateaus or even falls by a few degrees. This is not the EGG needing more oxygen or fuel, this is the science of low and slow happening as collagen starts to break down and turn to gelatin. An enormous amount of energy is required to enable this process and so the temperature of the meat stops increasing whilst the chemical reactions take place. Do not adjust the temperature of your EGG. You should not try to speed up this process with more heat. Once the majority of the tissues have been rendered to gelatin the temperature will begin to climb again.
8. **Target Internal Temperature** for "pullable" pork is 185F-195F (sliceable pork is reached at an internal temperature of 165F-170F
9. Using tongs remove the pork to a cutting board and tent with tin foil. Let it rest for at least 15 minutes.
10. Cut up the pork into strips and begin to pull the pork strips apart using the tongs or your fingers.
11. Mix the pulled pork in with your favourite store bought BBQ sauce, or make your own, (using our sauce listed separately).
12. To serve in true Americana style, add a heap of pulled pork to a soft white bap.