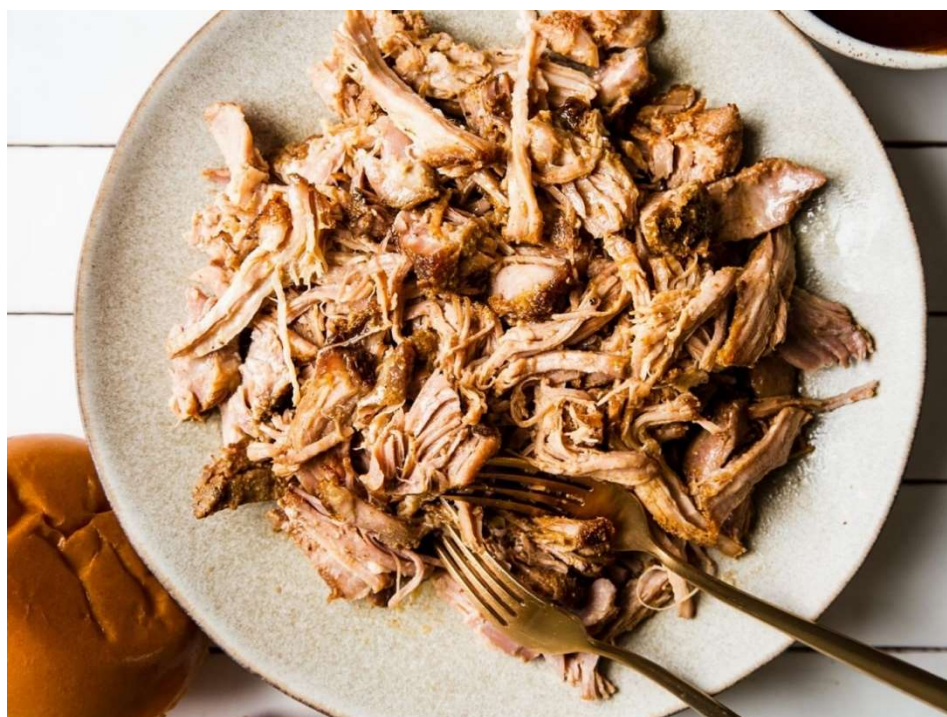


Easy Pulled Pork



Ingredients

For the Pork

- 1.5kg pork shoulder or Boston Butt
- 1 tbsp packed brown sugar
- 1 tbsp chili powder
- 1 tbsp cooking salt
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1 cup apple cider vinegar

For the BBQ Sauce

- 2 tbsp ketchup
- 1 cup water
- 4 tbsp brown sugar
- 1/2 tbsp onion powder
- 1/2 tbsp garlic powder
- 1/2 tbsp mustard powder
- 1 tbsp Worcestershire sauce

Directions

Step 1 – Remove the pork from the fridge and allow to come to room temperature for around 1 hour. In a small bowl, mix together the brown sugar, chili powder, salt, cumin and cinnamon. Rub the mixture over the pork.

Step 2 - Heat the BBQ to low heat (120°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, place your briquettes or charcoal around the outside of the grill, keeping the centre clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Once the BBQ has reached temperature, place the meat into the BBQ, away from direct heat. Close the BBQ lid and roast the pork for 3 hours.

Step 4 – While the pork is cooking, place the BBQ sauce ingredients into a saucepan, along with half the apple cider vinegar and bring to a boil, then reduce the heat and simmer, stirring regularly for 1 hour. Remove from the heat.

Step 5 – Remove the pork from the BBQ and place into a disposable drip tray. Mix the remaining apple cider vinegar and half a cup of the BBQ sauce together and pour over the pork, then cover the tray tightly with aluminium foil and return to the BBQ, away from direct heat. Cook for a further 90 minutes.

Step 6 – Remove the pork from the BBQ and allow to rest for 45 minutes before uncovering and shredding the meat with 2 forks. Mix the remaining BBQ sauce through the shredded meat and serve.

