



## Mike's E-meal Newsletter

20 Jun 06

### Carolina-style Pulled Pork Sandwiches (Serves 10 to 12)

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#### Carolina-style Pulled Pork Sandwiches

*Boston Butt is taken from the upper shoulder of a pig and usually weighs between 3 1/2 to 8 pounds. Slow smoked with apple and hickory wood, the shoulder turns into a flavorful, tender and moist piece of meat. Once cooked, the shoulder may be sliced or pulled and served Carolina-style with vinegary coleslaw atop a hamburger bun. A 3 1/2-pound boneless pork butt will take about 6 to 8 hours to smoke while a 7-pound butt could take 12 to 14 hours. (A general rule of thumb is 2 hours per pound for a bone-in butt and 1 1/2 hours per pound for a boneless butt.)*

1 (8 1/2-pound) pork butt  
1/2 cup Cackalacky<sup>®</sup> Spiced Mustard<sup>™</sup> (or prepared yellow mustard)  
1/2 cup Carolina Rub (recipe follows)  
2 cups hickory wood chips, soaked for 1 hour  
2 cups apple wood chips, soaked for 1 hour  
12 hamburger buns, split, buttered and lightly grilled  
6 cups Carolina Slaw (recipe follows)

For the mop:

2 cups cider vinegar  
1 cup water  
2 tablespoons sweet paprika  
2 tablespoons coarse kosher salt  
2 tablespoons cracked black pepper  
2 tablespoons prepared yellow mustard  
1 tablespoon Louisiana-style hot sauce  
1 tablespoon Worcestershire sauce

Prepare the mop by combining all the ingredients in a mixing bowl.

Using a utility knife, trim any heavy fat from the butt and score the remaining fat into a diamond shape (similar to preparing a ham for cooking). Lightly brush the pork with mustard and liberally coat with the rub. Wrap the butt with food film and refrigerate at least 6 hours or up to 24 hours.

Prepare the smoker for indirect cooking. Once the temperature stabilizes around 225 degrees F. add 1 cup of the drained hickory chips and 1 cup of the drained apple chips to the coals and place the pork in the smoker; cook for 4 hours. After 4 hours, mop the butt and cook for another 10 to 12 hours, mopping every couple of hours, until the meat is very tender and has an internal temperature 195 to 205 degrees F.

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Remove the meat from the smoker and allow it to cool slightly. Using two forks pull the meat into shreds discarding as much fat as possible. Cool, cover and refrigerate or immediately prepare pulled pork sandwiches.

To make the sandwiches:

Scoop about 5 cups of pulled pork into a large cast iron skillet. Heat the pork over medium heat, stirring occasionally, for about 5 minutes. Add 2 cups of pulled pork sauce (or enough to saturate the pork) to the skillet and stir to combine. Heat until the meat and sauce are thoroughly warmed.

Repeat with remaining pork and sauce.

Place a 4- to 5-ounce portion of pulled pork on the bottom of a grilled hamburger bun and top with 1/3 cup of Carolina Slaw. Place roll top aside slaw and serve.

Yields about 3 3/4 to 4 pounds of pulled pork (about 12 servings)

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### Carolina Rub

*As with most barbecue recipes, there is a wide variety of rubs and spice concoctions for "Carolina-style pork." This rub will form a nice bark and a nice layer of seasoning on the butt. It could also be used for pork roasts or chops.*

1/4 cup sweet paprika  
2 tablespoons coarse kosher salt  
2 tablespoons granulated sugar  
2 tablespoons dark brown sugar  
2 tablespoons cracked black pepper  
2 tablespoons granulated onion  
1 tablespoon granulated garlic  
1 tablespoon ground cumin  
1 tablespoon ground cayenne pepper  
1 tablespoon dry mustard

Combine the ingredients in a mixing bowl and stir well to incorporate. This seasoning blend will keep about 2 months if stored in an airtight container.

Yields about 1 1/4 cups

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### Pulled Pork Sauce

- 4 cups cider vinegar
- 1 cup good quality ketchup
- 1/2 cup granulated sugar
- 1/4 cup fresh lemon juice
- 1/4 cup Louisiana-style hot sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon granulated onion
- 1 tablespoon granulated garlic
- 1 tablespoon freshly ground black pepper
- 2 teaspoons ground cayenne pepper
- 1 to 2 teaspoons crushed red pepper flakes

Combine the ingredients in a medium stockpot and bring to a simmer over medium heat. Simmer, stirring occasionally, for about 5 minutes. Keep warm until service.

Yields about 6 cups

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## Carolina Vinegar Slaw

*Coleslaw is a traditional side dish for barbecue pork. It's best made the day before to allow the flavors to blend. One medium cabbage (about 2 1/2 pounds) will yield about 9 cups of shredded cabbage.*

1 medium cabbage, cored and shredded  
1 cup shredded carrot  
1 large red onion, pared and diced

For the dressing:

1 cup cider vinegar  
3/4 cup vegetable oil  
3/4 cup granulated sugar  
2 tablespoons dry mustard (Colman's preferred)  
1 tablespoon celery seed  
1 tablespoon coarse kosher salt  
1 tablespoon crushed red pepper flakes  
1/2 tablespoon freshly ground black pepper

In a large mixing bowl, combine the cabbage, carrot and onion.

In a medium saucepan over medium heat, combine the dressing ingredients and bring to a simmer. Pour over the cabbage mixture, stir well, cool, cover and refrigerate overnight. Mix well before serving.

Yields about 10 cups (about 20 (4-ounce) servings)

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**Cooking & Presentation**



**Pork Butt Brushed With Mustard And Seasoned With Rub**



**On The 225 degrees F. Grill Dome**

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**Finished Butt, Ready For Pulling**



**Pulled Pork with Cole Slaw, French Fries and Sweet Corn**

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