



## Menu du Jour

07 Aug 2004

*Carolina Pulled Pork*  
*Western South Carolina Sauce*  
*Carolina Cole Slaw*

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### **Carolina Pulled Pork**

Pulled pork is not a difficult recipe to prepare but it is time-consuming. A dry rub seasons the pork before it is cooked and a vinegary mop is daubed onto the meat to add more flavor as it smokes. Once cooked, the meat is pulled into shreds, sauced, piled on hamburger buns and topped with a mustardy cole slaw for the quintessential Carolina barbecue.

Pork shoulder includes both the Boston butt (the upper part of the front leg with the shoulder blade) and the picnic ham (the actual foreleg), a cut of meat that weighs 14 to 18 pounds. The following recipe calls for a picnic, a smaller cut of meat, weighing just over nine pounds.

1 (9-pound) bone-in pork shoulder picnic

**For dry rub**

2 tablespoons sweet paprika  
2 tablespoons hot Hungarian paprika  
2 tablespoons celery seed  
2 tablespoons cracked black pepper  
2 tablespoons cumin  
2 tablespoons brown sugar  
1 tablespoon oregano  
1 tablespoon cayenne pepper  
2 teaspoons sage  
2 Bay leaves, crumbled  
1 tablespoon dry mustard

**For the mop**

4 tablespoons dry rub (see above)  
1 1/2 cups apple cider vinegar  
1 apple juice  
2 tablespoons Worcestershire sauce  
1 tablespoon coarsely ground black pepper  
1 tablespoon coarse kosher salt  
2 teaspoons vegetable oil  
1 tablespoon crushed red pepper flakes

8 – 10 pounds natural lump charcoal  
6 cups hickory wood smoke chips, soaked in cold water at least 30 minutes  
8 soft hamburger buns, split

**Make dry rub:**

Mix ingredients in small bowl to blend.

Place pork on work surface, remove skin and trim fat cap to an even 1/4-inch thickness. (Reserve fat cap to place under pork while smoking.) Place pork on a large baking sheet and sprinkle dry rub evenly all over pork. Cover with food film and refrigerate at least two hours. (Can be prepared one day ahead and held in refrigerator.)

**Make mop:**

Mix ingredients in medium saucepan and bring to a simmer over medium heat. Remove from heat and cool to room temperature. (Don't apply a cold mop to warm meat.)

Fill Grill Dome firebox with lump charcoal and ignite with firestarter. Add four chunks of apple wood and one cup drained apple wood chips; stabilize the temperature of the Grill Dome at 225° F. Place pork on cooking grate. Close the lid and smoke pork for three hours. Mop pork and continue cooking, mopping every hour, until pork reaches an internal temperature of 190° F.

(Total cooking time will vary depending on the heat of the smoker and the size of the shoulder. At 225° F., plan on about two hours per pound; at 215° F., about 2 1/2 hours per pound; and at 235° F., about 1 1/2 hours per pound.) Add more charwood as needed to maintain a 225° F. temperature and more drained wood chips to maintain smoke level.

When the pork reaches an internal temperature of 190° F., transfer the pork to a clean baking sheet. Tent with aluminum foil and let stand for about 30 minutes (the internal temperature will continue to rise to about 195° F., the optimal temperature for pulled pork). When the pork is cool enough to handle, shred it into bite-size pieces. (The pork may be cooked one day ahead, shredded, and covered with foil or food film. Refrigerate.)

Place shredded pork into a large cast iron skillet over medium heat and cook until warmed (this will help remove any residual fat from the pulled pork). Add sauce and cook until warmed through.

Divide pork into four- to six-ounce portions on the buns. Top with cole slaw and cover with bun tops.

Serves eight to ten

*Chef's Note: A nine-pound bone-in pork shoulder yields about three pounds of pulled pork. After cooking, the shoulder weighed about five pounds.*



## Western South Carolina Sauce

2 tablespoons vegetable oil  
1 medium onion, minced  
4 medium garlic cloves, minced  
1 cup cider vinegar  
1 cup Worcestershire sauce  
2 tablespoons dry mustard  
2 tablespoons dark brown sugar  
2 tablespoons hot Hungarian paprika  
1 teaspoon coarse kosher salt  
1 teaspoon ground cayenne pepper  
2 teaspoons crushed red pepper flakes  
1 teaspoon cracked black pepper  
2 cups ketchup

Heat oil in 2 1/2-quart saucepan over medium heat; add onion and garlic, cook until softened, about five minutes. Stir in all the remaining ingredients except ketchup and bring to a simmer. Reduce heat to low and add the ketchup. Cook, stirring occasionally, until thickened, about 15 minutes.

Makes about four cups (enough for three pounds of pulled pork)

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## Carolina Cole Slaw

1/2 cup white vinegar  
6 tablespoons granulated sugar  
6 tablespoons vegetable oil  
2 1/2 teaspoons dry mustard  
1 teaspoon celery seed  
3 tablespoons yellow mustard  
1 teaspoon cracked black pepper  
1/2 cup good-quality mayonnaise  
1 medium yellow or red cabbage (about 1 pound), thinly sliced  
1 large red onion, thinly sliced  
1 green bell pepper, thinly sliced  
1/2 cup grated carrot

Combine vinegar, sugar, oil, dry mustard, mustard, pepper and celery seeds in medium saucepan. Stir over medium heat until sugar dissolves and dressing comes to a simmer. Remove from heat. Cool completely. Add mayonnaise, whisk to combine.

Combine cabbage, onion, green pepper, and carrots in large bowl. Add dressing; toss to coat. Cover and refrigerate at least two hours, tossing occasionally. Season to taste with kosher salt and cracked black pepper. (This could be made one day ahead. Cover and refrigerate.)