

A recipe by Cedar Gully Olives...

Pulled pork



Put the pulled pork onto a bun and top with avocado, and lettuce or coleslaw. Or put it in salads, sandwiches, tacos and nachos.

- INGREDIENTS -

- 1 x Pork Shoulder
- Pork BBQ Rub- store-bought or homemade - *simple rub recipe below*
- Spray bottle with a 50:50 mix of water and apple cider vinegar
- 3 x butter cubes or olive oil
- Aluminium foil

EXTRAS

- Digital thermometer or temperature probe

- SIMPLE PORK RUB -

1/3 cup paprika
1/4 cup sugar
2 tablespoons black pepper
2 tablespoons salt
2 teaspoons dry mustard
2 teaspoons chilli powder
1 teaspoon white pepper
1/2 teaspoon cayenne pepper
Place in bowl and mix

- DIRECTIONS -

1. Coat pork evenly with BBQ rub and let sit for a couple of hours in the fridge (longer if you have the time). Take the pork out of the fridge *1 hour before cooking*.
2. Fire up your barbecue, set your temperature between 125°C – 140°C.
3. Cook pork fat side up for 3 hours spraying with water/apple cider mix every 45 minutes.
4. After 3 hours remove the shoulder from the barbecue, place butter cubes or pour oil on top, wrap your shoulder in aluminium foil 2 or 3 times.
5. Return to barbecue and cook for a further 4–7 hours (depending on size) and inside the meat is 93°–98°C. (The meat should be falling off the bone and flake when poked with a fork.)
6. Take out of the barbecue and rest for 1–2 hours. Remove the alfoil, be sure to keep the pork juices, take out the bone and shred the pork. Add the pork juices to the pulled pork for more flavour.

- Optional: Add olive wood chips to charcoal for extra smoke -

Use our premium Olive Wood Cooking Charcoal for best results.
For more recipes or information visit cedargullyolives.com.au