Pulled Pork (and homemade BBQ sauce)

Pulled pork is insanely easy to make, so we added a homemade BBQ sauce so we'd have something to film. This is a "base" sauce, so you can jazz it up however you like, or buy your favorite. Suggestions at the end of this recipe.

Ingredients

2 tsp sage chopped fine (go with 3 tsp if using dry)
2 tsp rosemary chopped fine (go with 3 tsp if using dry)
2 tsp thyme chopped fine (go with 3 tsp if using dry)
7-8 cloves garlic chopped fine
½ onion minced fine
½ tsp kosher salt
1 tsp ground black pepper
½ cup brown sugar
3 T red wine vinegar
4 T Worcestershire sauce
1 T mustard (I like brown, stone ground)
12 oz tomato paste
1 ½ cups water

Combine: In a 2 qt or larger sauce pan, combine all ingredients.

Heat to incorporate: Over medium high heat, stir constantly until mixture is well combined.

Meat: Place a pork shoulder roast in a very large zip top bag. This also works with a beef roast, or a bunch of boneless chicken thighs and breasts. You pick the protein.

Marinade: Add the sauce to the bag. Squeeze out most of the air. Seal and refrigerate for 8-12 hours.

Slo-cook: Dump the entire contents of the bag into your slow cooker. Cook on high for as long as it takes for the meat to be fork pull able. 8 hours is generally enough. Overnight works great too.

Pull: Transfer meat to whatever you're going to store this in, and shred with forks. If this isn't working well, go back into the crock pot, you aren't done cooking. Dose the pulled meat with the liquid from the slow cooker. Be generous, the meat is going to soak this up.

Serve: I like Kaiser rolls with a dash of hot sauce, but you know how you like your pulled pork.

Upgrade Options:

Sweeter: Add 1 cup dark molasses

Spicier: Add 2 T crushed red pepper, or 2 T cayenne pepper, or 3-4 minced jalapenos with seeds and membrane.

Mustard style: Increase the mustard to ½ cup, decrease the tomato paste to 6 oz, decrease the Worcestershire to 2 T, change the vinegar to apple cider vinegar.

Play with this. Find your favorite.