



PORK BBQ RECIPE 2018

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2 Ingredients, 3 Ways to Prepare!

INGREDIENTS:

- Boston Butt Pork Shoulder (4-6 pounds)
- Jacked Up Foods Rub Me On Ribs & Butts



SUPPLIES:

- Plastic Wrap
- 2 Disposable Aluminum Pans—one deep and one shallow
- Aluminum Foil
- Smoker, Oven or Slow Cooker/Crockpot
- Water, beer or apple juice
- Charcoal
- Your choice of wood or wood chips for smoking (hickory, mesquite, Applewood, oak, etc)

INSTRUCTIONS:

1. Season Boston Butt with Jacked Up Foods Rub Me On Ribs & Butts. Be sure to cover all surfaces of the pork completely.
2. Wrap tightly in several layers of plastic wrap. Refrigerate 3-48 hours.
3. Remove pork from refrigerator, sit at room temperature for 1 hour prior to placing on heat.



For Slow Cooker/Crockpot:

1. Unwrap pork and place directly into slow cooker, fat side up
2. Add water, beer or apple juice 1/3-1/2 way up the sides of the pork
3. Cover, turn on low, and cook for 11-12 hours
4. Remove from slow cooker and allow to cool slightly
5. Remove the one blade bone and shred pork, removing fat. Meat should essentially fall apart when handled (delicious & tender!)
6. If desired, add some of the cooking juice to the pulled pork
7. Serve as is or with your favorite BBQ sauce. We recommend one of Jacked Up Foods' Uncle Andy's Sauces: Awesome Sauce, Blackberry Habanero, Carolina Style, Honey Garlic Chipotle

For Oven:

1. Unwrap pork and place into deep aluminum pan
2. If oven is large enough, place shallow aluminum pan on rack and add water, beer or apple juice. This allows for steam and flavor to penetrate the meat. If not, add some water, beer or apple juice directly to the pan with the pork
3. Place pork in oven uncovered and bake at 225°F for 4 hours
4. Cover with aluminum foil and continue to bake for another 2-3 hours, depending on size of the pork butt
5. Remove from oven and place covered pan into a large paper bag and seal closed. Let sit for 1 hour.

6. Remove pan from bag, remove aluminum foil and place meat in a bowl to shred.

Meat should essentially fall apart when handled (tender & delicious!)

8. If desired, add some of the cooking juice to the pulled pork

9. Serve as is or with your favorite BBQ sauce. We recommend one of Jacked Up Foods' Uncle Andy's Sauces: Awesome Sauce, Blackberry Habanero, Carolina Style, Honey Garlic Chipotle



For Smoker:

1. Use your smoker of choice—Offset firebox charcoal, Kamado/Egg ceramic, Electric, Pellet, etc.

2. Heat it to the ideal smoking temp of 225°F. Add desired wood or wood chips.

3. Unwrap pork, place in deep aluminum pan and place on smoker. Depending on your smoking unit, place the shallow aluminum pan either underneath the pork (under the rack) or on the rack next to the pork. Add water, beer or apple juice. This allows for steam and flavor to penetrate the meat.

4. Smoke the pork butt, maintaining temp, for 4 hours. You may need to adjust your smoker settings as you go to maintain temp and to ensure that you have the desired amount of smoke.

5. Cover pork with aluminum foil and cook for another 2-3 hours, depending on the size of the pork butt

6. Remove from heat, place covered pan in large paper bag and seal closed. Let sit for 1 hour.

7. Remove pan from bag. Remove aluminum foil and place meat in bowl to shred.

8. Remove the one blade bone and shred pork, removing fat. Meat should essentially fall apart when handled (tender & delicious!)

9. If desired, add some of the cooking juice to the pulled pork.

10. Serve as is or with your favorite BBQ sauce. We recommend one of Jacked Up Foods' Uncle Andy's Sauces: Awesome Sauce, Blackberry Habanero, Carolina Style, Honey Garlic Chipotle



ENJOY!

***Chicken may be substituted for the pork. Chicken thighs (bone-in or boneless) are the recommended choice.

Cook chicken approximately 1/3-1/2 the amount of time of the pork butt. If cooking in oven or on smoker, you will need to check on it to ensure that meat does not dry out. You want it tender and juicy.

