
Subject: Pulled Pork

Posted by [Melissa Mead](#) on Sun, 21 Mar 2010 18:59:31 GMT

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I've mostly adjusted to my low-sodium diet, but I REALLY miss pulled pork, so my husband and I decided to try making our own. My "cooking" is like turning a 7-year-old loose in the kitchen and saying "Have fun!", (Recipe? What recipe?) and while my husband IS a practiced cook neither of us has cooked with large cuts of meat before, so it was an adventure.

Our local butcher, who is awesome, found us a beautiful 3-4 lb Boston Butt on sale for \$5. We took that home. I mixed up 1 cup of cider vinegar, 1 tsp each liquid smoke and garlic powder and ½ tsp Smokehouse pepper and chopped up 2 sweet onions. We put all that in the fridge overnight.

At 6 AM we set up the crock pot. We put 1 onion on the bottom, then the pork, then the other onion, shook the liquid, and poured it on top. We covered the crock pot, set it on High and went back to bed.

By 10 AM the house smelled like meaty, oniony goodness. We tried to make a sauce, but it burned. Oh well. At noon we took out the pork. It split into 2 pieces, and the shoulder blade came out clean.

You know how you should be able to pull apart the pork with 2 forks? I only needed 1. This stuff was so tender I think I could've pulled it with a spoon. I was eating it straight out of the pot. Our local BBQ joint had better watch out. I think they have a rival. (And ours has hardly any sodium, depending on what you put on it.)
