

**The Rector's "Pulled Pork Sandwich" recipe,  
as served at Simply Social, November 2009**

1. This recipe is from the [www.serious-eats.com](http://www.serious-eats.com) posting on "How to Cook a Boston Butt" The link is:

<http://www.serious-eats.com/talk/2008/08/how-to-cook-a-boston-butt.html>

2. I followed it...mostly. The points where I didn't follow I've noted below in brackets and in red.
3. I think that boston butt is very forgiving, and you can do this in lots of ways!  
RBK+

*"From my nom de message board, you might surmise that I have a bit of experience with this. ;-)*

*"OK, here it goes: I usually do mine in my smoker, but I'm sure you can get away with a regular grill or the oven [I did it in the oven]. The idea is to do it as they say, "low and slow". If on the grill it needs to be indirect, i.e. heat off to one side, butt on the other. (not over the heat) You'll need a rub of some sort...here's a simple one you could doctor up if you so desire:*

- \* 2 tablespoons salt
- \* 2 tablespoons sugar
- \* 2 tablespoons brown sugar
- \* 2 tablespoons ground cumin
- \* 2 tablespoons chili powder
- \* 2 tablespoons freshly ground black pepper
- \* 1 tablespoon cayenne pepper
- \* 1/4 cup paprika

*"The night before, rub the whole butt with yellow mustard, then generously pat on the rub all about. The mustard will help hold the rub on and provide some moisture retention, and interestingly not add much if anything in the way of mustard flavor. Wrap it in plastic wrap and chuck it in the fridge overnight.*

*"And hour or so before starting to cook it, remove your butt from the fridge and let it come close to room temperature. Put it on the grill and pretty much forget about it for a couple of hours. The grill (or oven if using) should be at around 225-240F. If on the grill, make a foil packet with some soaked hickory chips and put it on the heat. The smoke is nice and more authentic but not necessary. [I roasted on a rack in a roasting pan in the oven, at 250 degrees]*

*“You ideally will want to monitor the temperature of the butt with a probe style digital thermometer, cause regularly opening the lid (or oven door) will cause temperature drops and extend cooking time. When the meat reaches 100F, spray every hour with a 3 to 1 mixture of apple juice and Captain Morgan's Rum (or bourbon depending on your mood) [I used bourbon]*

*“When the meat reaches 165F, double wrap it in HD foil with a little of the spray mixture to help braise the meat. Continue to cook until the internal meat temps gets to 195-205F. Remove the foiled meat from the cooker and wrap it (still foiled) in a couple old bath towels and put it in an insulated cooler to rest for at least an hour before you pull it. [I didn't cover it, and I stopped at 180 degrees—about 13 hours. I collected the juices out of the roasting pan, removed the fat, added a little Moore's hickory marinade, and retained the mixture to add to the meat at serving time. BBQ sauces all on the side]*

*“General rule of thumb is 1-1/2 hrs. cooking time per pound, but that tends to fluctuate. Go by temps and you can't go wrong. Sorry if this is a little wordy but I just did one this past Sunday and it rocked!”*

[NorthernBBQer at 10:20PM on 08/27/08](#)

*[NorthernBBQer is the original poster of this recipe/method on the website mentioned above]*