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How To Cook Pulled Pork Properly

If you love smoky, sweet or spicy shredded barbecued pork, then you must love Pulled Pork also. In this article, you will get to know that what constitutes the best barbecue as well as what techniques you should use to have a great result vary in each region and even each cooking style.

There are nearly as many opinions about this type of cooking as there are people creating and consuming it. Here is one tried and true method used to get a raved review for your prowess with combining meat, smoke, spices and sauce.

Create a dry rub. This simply means combining powdered spices into a mix that can be generously spread onto the entire surface of the meat. Use ingredients that improve the flavor of the meat without overpowering it.

Typically dry rubs include garlic powder, onion powder,



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cayenne pepper, black pepper, paprika, and salt. Unusual things like curry or nutmeg should be avoided unless your target audience is known to be fans of these and their unique flavors.

Smoke the meat slowly and properly. Smoke a good piece of pork roast for up to 24 hours at a low heat. Usually it is cooked at about 175 degrees. This prevents dryness and lack of flavor.

Smoke the meat with the fat side up to allow the juices to flow into the pork. In addition this prevents flammable liquid from dripping onto your heat source and causing flare ups that burn the meat.

Pick a flavorful wood like hickory, apple, or cherry. These enhance the taste of the finished product. The smoke from these woods or a combination of them fills the pores of the meat and changes it to a light red color that boosts the flavor.



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Place the meat into a crock pot. Chopping the smoked pork and submerging it in the barbecue sauce you have chosen to continue the slow cooking process is the preferred method for finishing Pulled Pork. This method will keep the meat juicy.

Ovens heat from outside the container the meat is in by surrounding it with a huge volume of dry air. Humidity escapes from the cooking pork into the oven and evaporates. Removing excess liquid to get the appropriate thickness is much easier than trying to re-hydrate overcooked or burnt meat.

If you want to get a meal that is your signature dish, then you must make your own barbecue sauce. This adds another level of complexity to the process of finishing the transition from roast to meal.

With patience, high quality pork, several spices, a combination of flavorful wood, and your preferred barbecue sauce a party favorite or delicious family meal is in your near future.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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