Oven Roasted Pulled Pork

Description

This recipe requires a lot of cooking time, but the prep time is really minimal. Mix up your rub ingredients, sauce ingredients and coleslaw and you're pretty much done and waiting for the low, slow oven (or slow cooker - see notes) to work it's magic on the pork.

Summary

Yield: 8
Source: My Gourmet Connection
Prep Time: 8 hours
Category: Meats
Cuisine: American
Tags: Football

Ingredients

- 4 lb Boston Butt Pork Roast
- 1 tbsp olive oil
- 1/3 cup water
- 3 tbsp paprika
- 1 1/2 tbsp salt
- 1 1/2 tbsp sugar
- 2 tsp dry mustard
- 1 tbsp cumin
- 1 tsp pepper
- 1 tbsp garlic powder
- 1/2 tbsp onion powder
- 1 tsp cayenne

Instructions

Preparation:
Preheat the oven to 225°F.

Prepare the pork:
Prepare the rub by combining the paprika, salt, sugar, mustard, cumin, pepper, garlic and onion powders and cayenne in a small bowl.

Trim any large pieces of exterior fat from the pork if desired.

Pat the rub mixture on all sides of the pork and place uncovered, in a dutch oven.

Roast uncovered for 1 hour.

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Remove the pork from the oven, brush with the olive oil, add the water, cover and return to the oven for approximately 5 hours longer.

At this point the pork should be very tender and pull apart easily with a fork.

Total roasting time runs between 90 and 100 minutes per pound.

Transfer the pork to a large platter and allow to cool enough to handle.

With two dinner forks, shred the meat into bite-sized pieces, removing any large chunks of fat in the process.

Notes

Serve with BBQ sauce on my site

Serve with Coleslaw

Slow Cooker Instructions:
You can cook the pork in a slow cooker instead of the oven if desired. Simply add a layer of sliced onion to the bottom of the cooker, put the rub-coated pork on top and add the water. Cover and cook on low for 8 to 10 hours (depending on the size of your roast), or until the pork is tender and pulls apart easily with a fork.