



Slow Smoked Pork Shoulder

Midlands Mustard BBQ Sauce

(Serves 6)

Pork Shoulder:

1 Pork Shoulder (4 lbs)

Dry Rub:

1 Tbs Lawry's® Seasoned Salt
1 Tbs Garlic Powder
1 Tbs Onion Powder
1 Tbs Salt
1 Tbs Smoked Black Pepper

Brine:

½ cup Salt
2 qts Cold Water
½ cup Sugar
2 Bay Leaves
3 Tbs Dry Rub Mix

Midlands Mustard BBQ Sauce:

½ cup Mustard
½ cup Brown Sugar
¼ cup Apple Cider Vinegar
2 Tbs Worcestershire Sauce
1 Tbs Crystal® Hot Sauce
1 tsp Salt
1 tsp Fresh Black Pepper, coarsely ground

You can't be raised in the Carolinas without loving to smoke meats, particularly pork, chicken, or Texas-style beef. There's nothing that can bring a group of people together faster than slow smoked pork over hickory wood. No matter your background, everyone is on the same page when enjoying this dish. Barbecue doesn't have any political or social status and is a dish that is loved and enjoyed by all in the South. There are no boundaries when it comes to slow-cooked barbecue.

For the Dry Rub: Mix all ingredients well and store in an air-tight container.

For the Brine: Add the salt to the cold water in a large container and stir until all the salt is completely dissolved. Add the sugar, dry rub, and bay leaves. Stir well to combine. Submerge the pork shoulder in the brine and store covered in the refrigerator overnight or up to three days.

For the Pork Shoulder: Prepare the smoker to maintain a 225°F temperature. Lay the pork shoulder on the rack in the smoker. Let the pork shoulder cook for approximately 1½ hours per pound. See the Chef's Notebook for more information.

When the pork reaches an internal temperature of 200°F, remove it from the smoker and let it rest for 45 minutes or more to allow the juices to redistribute throughout the meat.

Use two forks to pull the meat apart into chunks. Incorporate the brown bark for added flavor →

For the Barbecue Sauce: Combine all ingredients in a heavy saucepan and simmer on medium-low heat until the mixture thickens. Use a blender or immersion blender to blend mixture until it is smooth. Continue cooking to reduce the sauce to a syrup. The sauce is best if made up to two days in advance and stored in the refrigerator.

Finish the Dish: Serve the smoked pork shoulder with the mustard barbecue sauce and your favorite side dishes: slaw, beans, crunchy bread.

Pairing Suggestion: Merlot (Washington). The smokiness of many Washington State Merlots brings out the same flavors in the smoked pork.

Chef's Notebook

The pork is finished when it reaches an internal temperature of 200°F. In a smoker, allow 1½ hours per pound, so a 4-lb shoulder requires about six hours. And, of course, never use a smoker indoors, only outside.

If you are using a propane, electric, or charcoal smoker, you can stop smoking when the pork reaches 140°F and finish it in the oven. Wrap the pork in foil and place in a 400°F oven until the pork reaches 200°F. Finishing the pork in the oven can be convenient, but if you are an experienced smoker, leave the pork in the smoker the full time, taking care not to over-smoke the meat.

When you pull the pork apart, be sure to keep the brown bark for added flavor. These bits also make the finished product look really good. I have seen folks discard the outside bark thinking it is burnt, but it is really the best part.



A PASSION FOR BARBECUE

Chef Shaun Garcia often said, “Barbecue in South Carolina is like a religion. Barbecue and how it’s prepared will bring you together with people or separate you, because South Carolinians are very passionate about it. Good barbecue uses pork and smoke, and you better cook it ‘low and slow.’”

As Chef Shaun or most South Carolinians would tell you, almost any tailgate party can turn into a barbecue session. Other folks just build a pit in the backyard out of blocks and have a big get-together. A South Carolina barbecue mainstay is a whole hog cooking overnight. You literally take a whole hog and use different mixes of wood to make a slow and low barbecue. All night and all day you use a mop to baste the hog with barbecue sauce—“whole hog mop it,” is the term used. The sauce may be a mixture of vinegar and spices, but whatever the sauce is, it will be one that’s a tradition and time-tested.

South Carolina also is home to four different barbecue sauce types, more than any other state in the country. Some years back Chef Shaun developed a recipe at Soby’s that is called Midlands Mustard BBQ Sauce. This sauce pays homage to the love of mustard German immigrants brought to the midlands of South Carolina. It uses mustard, brown sugar, and different spices to produce a beautiful yellow-hued sauce that wakes up your appetite and gets you excited about doing a whole hog or simply a pork shoulder on your grill.

This sauce has been served for many years by Soby’s, both on the menu and for private events. During football season, many guests buy it by the quart to take to their



own tailgate parties. The Midlands Mustard BBQ sauce is included in this cookbook, so you can make your own and make the sauce itself your own. There is nothing better than barbecue, slaw, beans, and some nice crunchy bread. Barbecue and South Carolina go hand-in-hand for family events, tailgating, or just inviting some friends over for some good food!

You can find the Midlands Mustard BBQ Sauce recipe and Chef Shaun’s barbecue technique in the Slow Smoked Pork Shoulder recipe on page 165.