

Pulled Pork (Sous Vide)

October 29th, 2021

This recipe serves: 8

Prep Time: 00:15

Cook Time: 24:00

Pulled pork is usually quite dry, requiring a high quantity of BBQ sauce to make it edible. Cooking the pork in a Sous Vide will produce a tender and juicy pulled pork that is full of flavor and fall-apart tender. If you don't have a Sous Vide, you can roast the pork in a Dutch Oven for similar results. Pulled pork can be used in a variety of dishes, from tacos, to nachos, or pulled pork sandwiches.

Ingredients:

4 Tablespoons Yellow Mustard

1 Teaspoon Liquid Smoke

5-8 lbs. Pork Shoulder Roast (Boston Butt) or Shoulder Picnic Roast

Directions:

Thoroughly mix the Mustard and Liquid Smoke.

Trim the fat and remove any bones from the Pork Roast.

Using your hands, coat the Pork Roast with the Mustard Rub.

Sous Vide:

Seal the Roast in a heat-safe Sous Vide bag, ensuring to remove as much air possible.

Cook at 156°F for 24 hours.

Remove the bag from the water and rest for 10 minutes or refrigerate up to 24 hours.

Open the bag. Drain and keep the Au Jus (meat juice).

Dutch Oven (En Cocotte):

Preheat the Oven to 350°F.

Place a trivet in the bottom of a large Dutch Oven.

Set the Pork Roast in the center of the Dutch Oven.

Lid the Dutch Oven and bake until the Roast reaches an internal temperature of 165°F.

Rest the meat for 10 minutes then move to a refrigerator-safe container.

Reserve any pan drippings and add to the refrigerator-safe container.

Lid and refrigerate up to 24 hours.

In a large bowl, shred the Pork. Use large forks as needed.

Remove and discard fatty deposits.

Pour the Au Jus over the shredded Meat and mix together.

Serve.