



## **Eastern NC Style Chopped BBQ**

Making NC style BBQ at home is a bit of a project but there are some ways to simplify the process. One of them is using a small Boston butt roast. The goal is long slow cooking to the point that the meat is just about shreddable. This can be done in its entirety in a smoker or on a grill, but it's easier to split the cooking time between the grill and the oven.

### *Ingredients*

1 Boston butt roast  
Salt & pepper

### *Instructions*

Take the butt roast out of the package and rinse it with cold water and then pat dry with paper towels. If there is too much fat for your tastes, trim the roast. While trimming you want to keep about  $\frac{1}{4}$  fat for optimal taste. On a cutting board season the roast liberally with salt and pepper (more is more in this case!). The salt is needed to penetrate the muscle so you will need more than what might seem sensible. Let the seasoned butt rest in the fridge for 2 to 3 hours.

Once ready to cook, bring the butt to room temperature while the grill or smoker is heating up. If using a Weber style grill, pile up the hot coals all to one side and add wood chips to the coals. Using an oven thermometer, confirm that the temperature with the lid on is around 225°F. Place the butt on the side of the grill opposite the heat source and replace the lid. The vent should be over the meat. Aim to keep the temperature around 225°F for about 2 hours.

After 2 hours, put the butt in a roasting pan and cover tightly with foil and cook in the oven for 2-3 more hours. Start checking the doneness after 2 hours. Once the meat is tender and looks just about ready to fall apart, pull it out and let it rest for 20 minutes. At this point, you have a nice roasted pork butt.

To turn the butt into BBQ you'll want to chop it up and add a sauce. A cleaver works best and is probably the pitmaster's tool of choice, but any large knife works as well.

Once chopped, scoop the meat into a pot or bowl, add sauce to taste (you may need to season with a little salt at this point too), place on a bun with some slaw and you're done.

### *BBQ Sandwich*

Below is the sauce recipe we use. It comes from a favorite book on southern cooking: *Bill Neal's Southern Cooking*. There are plenty of other sauce recipes out there so feel free to use whatever you like.

### *NC BBQ Sauce*

Combine 1 cup apple cider vinegar with  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  an onion, minced, 1 crushed garlic clove,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon black pepper, 2 teaspoons red chile flakes, 1 teaspoon sugar and a sprig of thyme. Bring to a boil and simmer for five minutes.

In a separate bowl mix 2 tbs dry mustard with  $\frac{1}{4}$  cup cold water. Stir this into the sauce. Allow this to cool to room temperature and add to BBQ meat.