



Grilled Boston Butt Steak

Boston butt is a cut of pork off the shoulder that is often slow roasted for BBQ. When cut as a thick steak and grilled, it ends up being just as tender as the loin, with even more marbling and flavor.

Instructions

1) Brine

The basic brine recipe uses 1 gallon of water to 1 cup of salt and ½ cup sugar (this can be brown sugar, white sugar, maple syrup, honey, etc.etc.). Bring this mix to a boil with any aromatics that strike your fancy (onions, garlic, herbs, spices, tea, citrus zest, etc.) and then cool completely.

You can take this basic ratio and method and increase or decrease as needed. For a couple of butt steaks you will need just about a quarter of brine. To speed the process along bring to a boil half of the water desired for the final product with the salt and sugar and then add ice to bring it up to the final volume.

Once the brine is cool add the pork and place it in the fridge for 1-2 hours.

2) Grill

After removing the pork from the brine, dry thoroughly with paper towels and heat the grill. You will not need to season the pork with any more salt as it's been brined but feel free to add pepper or other seasonings as desired.

Grill to medium or desired temperature and let rest for 10 minutes and enjoy.