



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.

So here's what you do:

Make a brine - The basic brine recipe that I always use is 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'll barely need a quart of brine. To really speed the process along I 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.

Brine the pork - Once the brine is cool, add the pork and stick it in the fridge for just an hour or two. Because it's a relatively thin piece of meat it won't take long.

Grill the steaks - After removing the pork from the brine, dry thoroughly with paper towels and get your grill hot. You won't need to season the pork with any more salt as it's been brined but you can grind on some pepper if that's your thing. Grill to medium or desired temp, let rest for 10 minutes and enjoy.