



Butt in a Bag



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pepper black freshly ground
- ☐ 5 pound boston butt pork shoulder bone-in ()
- ☐ 1 teaspoon sea salt fine

Equipment

- ☐ frying pan
- ☐ grill
- ☐ cutting board
- ☐ candy thermometer

Directions

- ☐ Mix the pepper and salt together and rub it on all surfaces of the pork. Set aside while you build the fire.
- ☐ Fill your charcoal chimney with briquets, set the chimney on the bottom grill grate, and light or prepare a fire in your smoker. Oil the grill grate.
- ☐ When the coals are ready, dump them into the bottom of your grill, and spread them evenly across half. Scatter the wood chips on the hot coals.
- ☐ Place the butt on the indirect side of the grill across from the coals. Increase the temperature to 350°F by opening the bottom vents on your grill. When the smoke starts to rise, close the lid.
- ☐ Place a candy thermometer in the lid vent. Smoke for 30 to 45 minutes to get the bark started.
- ☐ Reduce the temperature by closing the vents until you're at 225°F to 250°F. Smoke the pork for 4 hours.
- ☐ Place the butt in a brown paper grocery bag large enough to hold it, fold the ends over to close it, and return it to the same place in the smoker, opposite the fire.
- ☐ Add more briquets if necessary, and close the lid. Continue smoking for 2 to 4 more hours or until tender. Check for tenderness by pulling a piece of meat off and tasting it. The mark of a shoulder done to perfection is when you can remove the blade bone by pulling it out with your hand.
- ☐ When the shoulder is done, set it aside in a pan to rest for 30 minutes, then move it to a cutting board.
- ☐ Serve it Southern-style pulled (stringy portions torn off by hand), Kansas City-style thick sliced, or the-hell-with-it chopped. Some barbecuers like to mix in a little tangy barbecue sauce as they're chopping and combining the meat on a platter, especially if the pork is still a little fatty.
- ☐ Reprinted with permission from 25 Essentials: Techniques for Smoking by Ardie A. Davis, (C) 2009, Harvard Common Press

Nutrition Facts



 **PROTEIN 53.67%**  **FAT 44.06%**  **CARBS 2.27%**

Properties

Glycemic Index:3.2, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:16.374782758886%

Nutrients (% of daily need)

Calories: 209.27kcal (10.46%), Fat: 9.94g (15.29%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.01g (0.01%), Cholesterol: 92.69mg (30.9%), Sodium: 338.05mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.47%), Vitamin B1: 1.22mg (81.66%), Selenium: 40.9µg (58.43%), Vitamin B3: 5.93mg (29.67%), Zinc: 4.37mg (29.11%), Vitamin B6: 0.58mg (28.97%), Phosphorus: 282.3mg (28.23%), Vitamin B2: 0.44mg (25.74%), Vitamin B12: 1.16µg (19.37%), Potassium: 495.73mg (14.16%), Manganese: 0.25mg (12.34%), Vitamin B5: 1.16mg (11.62%), Iron: 1.86mg (10.36%), Magnesium: 32.14mg (8.03%), Copper: 0.16mg (7.92%), Vitamin K: 2.95µg (2.81%), Calcium: 27.49mg (2.75%), Fiber: 0.46g (1.82%), Folate: 7.22µg (1.81%), Vitamin C: 1.11mg (1.34%)