



Grilled Pulled Pork with Bourbon Whiskey Barbeque Sauce

Prep: 30 minutes plus chilling

Grill: 4 hours • Serves: 10

- 1 (7- to 8-pound) bone-in pork shoulder
- ¼ cup cracked peppercorn or pork seasoning rub
- 1 tablespoon olive oil
- 6 garlic cloves, minced
- 1 medium onion, finely chopped
- 2 tablespoons fresh thyme leaves
- 2 cups bourbon whiskey
- 1 bottle (18 ounces) Southern style barbeque sauce
- 10 sesame seed buns

1. Place pork on rimmed baking pan. Rub pork all over with seasoning rub. Cover and refrigerate at least 2 hours or up to overnight.

2. Prepare outdoor grill for indirect grilling over medium-low to medium heat (grill temperature should be maintained at 325°). Place pork, fat side up, on unlit part of grill. Cover and cook for 4 to 4½ hours or until internal temperature reaches 190°.

3. Meanwhile, in small saucepot, heat oil over medium heat. Add garlic, onion and thyme, and cook 2 to 3 minutes or until onion begins to soften, stirring frequently. Add whiskey and heat to boiling over medium-high heat. Boil 8 to 10 minutes or until mixture is reduced to ¾ cup. Add barbeque sauce and cook over low heat 5 minutes.

4. Transfer pork to large bowl. Trim off and discard desired amount of fat; remove bone. With 2 forks, shred pork; stir in sauce. Makes about 10 cups pork.

Approximate nutritional values per serving:

851 Calories, 36g Fat (14g Saturated), 146mg Cholesterol, 1103mg Sodium, 50g Carbohydrates, 2g Fiber, 43g Protein

Chef Tips

To prepare a gas grill for indirect grilling, preheat grill with all burners on high. Once preheated, turn off 1 burner on a 2-burner grill or the center burner on a 3-burner grill. Reduce the heat on the remaining burner(s) to medium-low. Place food over the unlit part of the grill.

Dietitian's Dish

> Pork is an excellent source of nutrients that are important to our health, such as thiamin, niacin, vitamin B-6, phosphorus and protein, as well as a good source of riboflavin, zinc and potassium. Today's pork has 16% less fat and 27% less saturated fat as compared to 1991, due to changes in feeding and breeding techniques.