

Pulled Pork Sandwiches with Mustard Sauce

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Servings: 16

Preparation Time: 1 hour

Start to Finish Time: 7 hours 15 minutes

8 cups hickory wood chips
2 tablespoons brown sugar
1 tablespoon dry mustard
1 tablespoon smoked paprika
1 tablespoon black pepper
1 1/2 teaspoons Kosher salt
1 five-pound boneless Boston Butt pork roast
2 tablespoons olive oil
3/4 cup onion, finely chopped
1/3 cup packed brown sugar
2/3 cup Dijon mustard
2/3 cup cider vinegar
1/3 cup molasses
1 teaspoon hot sauce
1/2 teaspoon Kosher salt
16 (1 1/2-ounce) whole-wheat hamburger buns

Soak the wood chips in water for at least one hour. Drain.

In a bowl, combine the sugar, dry mustard, paprika, black pepper and Kosher salt.

Pat the pork dry and rub with the sugar mixture.

Remove the grill rack and set aside. Prepare the grill for indirect grilling, heating one side to high and leaving one side with no heat.

Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife. Place the pan on the heat element on the heated side of the grill. Add 1 1/2 cups of wood chips to the pan.

Place another disposable aluminum foil pan on the unheated side of the grill. (Do not pierce the pan). Pour two cups of water into the pan. Let the chips stand for 15 minutes or until smoking. Reduce heat to medium.

Maintain the temperature at 300 degrees.

Place the grill rack on the grill. Place the pork on the grill rack over the unheated side. Close the lid and cook for 6 hours at 300 degrees or until a meat thermometer registers 195 degrees. After 5 hours, cover the pork loosely with aluminum foil. Drain and add one cup of additional wood chips every 45 minutes. Refill the water pan and add charcoal to the fire as needed.

Remove pork from the grill and let stand for 20 minutes.

Unwrap the pork and trim and discard the fat. Shred the pork.

In a medium saucepan over medium heat, heat the olive oil and swirl to coat.

Add the onion and cook for 2 minutes, stirring frequently.

Add the brown sugar, Dijon mustard, vinegar, molasses, hot sauce and Kosher salt. Bring to a simmer. Cook 15 minutes or until thickened.

Arrange about three ounces of pork and two tablespoons of sauce on each bun.

Per Serving (excluding unknown items): 68 Calories; 2g Fat (27.9% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 372mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates.