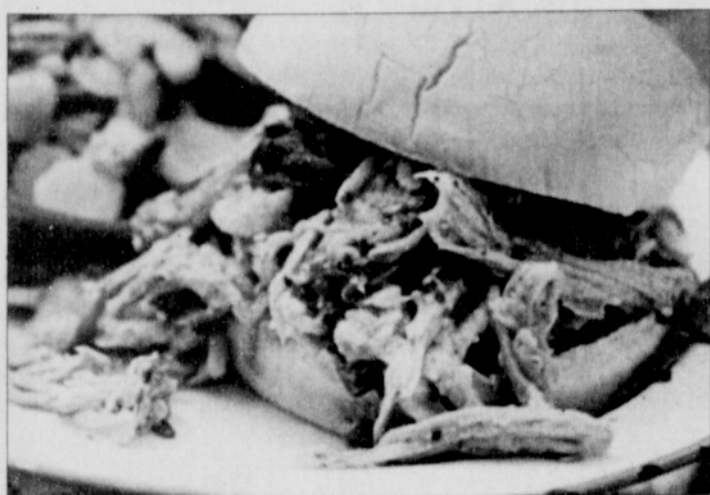


## Classic BBQ Pulled-Pork Sandwich



"Pork shoulder is smoked over apple chips and mopped with vinegary North Carolina BBQ sauce."

### Sandwich Ingredients

- 1 (8-pound) bone-in pork shoulder, with skin
- 1 head garlic, separated into cloves and peeled
- 3/4 cup Memphis Shake, recipe follows
- 5 cups apple or other wood chips, soaked in water for at least 30 minutes and drained
- 2 batches North Carolina-Style Vinegar BBQ Sauce, recipe follows
- 8 to 10 soft hamburger rolls
- Dill pickles

### Sandwich Directions

1. Make small holes all over the pork shoulder with a thin sharp knife and stuff in garlic cloves. Rub the meat all over with the Memphis Shake; cover and refrigerate overnight.

2. Prepare an outdoor grill with an indirect medium-hot fire with a mix of briquettes and hardwood charcoal in half of the grill. Set grate over coals. Place pork, skin side up, in an aluminum pan with about 1 1/2 cups water on the cooler side of the grate. Toss 1 cup of the soaked and drained wood chips onto the coals and cover the grill, making sure the lid's vents are directly over pork.

3. When the coals cool to medium-low heat, preheat a chimney-full of hot briquettes and hardwood charcoal. Whenever smoke stops coming out of the vents, about every hour, add more hot coals and 1 cup of soaked and drained wood chips to the fire. The goal is to maintain a medium-heat, smoky fire (but don't worry if it is hotter when the coals are added and cooler while preheating the coals). Rotate the pork when you add coals so it cooks evenly. Cook the meat until an instant-read thermometer inserted into the thickest part of the pork registers 180 degrees F, about 6 hours.

4. Set aside 1 quart of the North Carolina-Style Vinegar BBQ Sauce. Once the pork reaches 180 degrees F, begin mopping the entire surface of the meat every 20 minutes with some of the remaining sauce and the pan drippings. Continue to cook the pork, covering the grill between mopping, until an instant-read thermometer registers 200 degrees F, about 1 to 2 hours more.

5. Transfer the pork to a cutting board and let rest for at least 15 minutes. Remove the outer skin and discard. Cut large chunks from the bone and shred, using 2 forks or your fingers, (when cool enough to touch) or chop. Toss with about 1 cup of the reserved barbecue sauce for every 3 cups of meat. Tuck the pork into the soft rolls and serve with pickles.

**Cook's Note:** Toss the extra sauce with shredded cabbage, or you can serve it on the side for those who want more spice. Use leftover pork for nachos.

### Memphis Shake Ingredients

- 1/4 cup sweet paprika
- 3 tablespoons firmly packed brown sugar
- 2 tablespoons dried oregano
- 2 tablespoons granulated garlic
- 1 tablespoon ancho chili powder
- 2 teaspoons kosher salt
- 1 teaspoon celery salt

### Memphis Shake Directions

1. Whisk paprika, brown sugar, oregano, garlic, ancho powder, salt, and celery salt in a small bowl. Store in an airtight container in a cool, dry place for up to 2 months.

Makes about 3/4 cup

2. **Shopsmart:** Ancho powder is simply finely ground dried ancho chiles. Anchos are the sweetest of the dried chiles and are not terribly hot, so don't be put off by the amount used in this recipe.

### Sauce Ingredients

- 3 cups cider vinegar
- 3/4 cup sugar
- 1/3 cup ketchup
- 1/4 cup honey
- 1/4 cup kosher salt
- 2 tablespoons crushed red pepper flakes
- 1 1/2 teaspoons freshly ground black pepper

### Sauce Directions

1. To make this North Carolina-Style Vinegar BBQ Sauce, first heat the vinegar and sugar in a medium saucepan over medium heat until the sugar dissolves. Off the heat, stir in the ketchup, honey, salt, red pepper, and black pepper.

2. **Cook's Note:** BBQ experts assert that the vinegary North Carolina sauces are the original American sauces. Within the state, you know which side of the Piedmonts you are on by what sauce douses your pulled pork. Along the coast, sauces are reduced to the basics—vinegar and red pepper. Up in the mountains, tomato makes an appearance, and the sauces are thicker. Makes about 1 quart



## FOOD

### Feeding the Masses

During the Civil Rights March on Washington in 1963, volunteers worked together preparing sandwiches for the march.

## Provolone and Ham Melt

### Ingredients

- 8 slices thick-cut multigrain, whole wheat, poppy seed, white, or pumpernickel bread
- Margarine or butter, softened
- 4 tsp. mayonnaise or salad dressing
- 4 ounces provolone and/or cheddar cheese, thinly sliced
- 1/2 of a 7-ounce jar roasted red sweet peppers, well drained
- 1/2 of a small pear or apple, thinly sliced, or 2 canned pineapple rings, well drained and patted dry
- 4 ounces thinly sliced cooked ham or Prosciutto
- 2 Tbs. mango chutney
- Fresh fruit, such as sliced pears and apples, pineapple wedges, or grapes (optional)

"A sandwich to satisfy both kids and adults: For the young, try cheese, ham, and fruit. Offer grown-ups red pepper and Prosciutto instead."



### Directions

1. Spread one side of each bread slice with margarine or butter. Place four bread slices, buttered sides down, on griddle. Spread mayonnaise on the four slices on the griddle. Top with provolone cheese. Top two of the bread slices with red sweet peppers and two with slices of fruit. Top all four with ham or Prosciutto.
2. Cut up large pieces of chutney; spread the unbuttered sides of four remaining bread slices with chutney. Place over bread slices on griddle, buttered sides up.
3. Cook sandwiches over medium heat about 4 minutes each side or until bread is toasted and cheese is melted, turning once halfway through cooking. Serve with additional fruit slices, if desired. Makes 4 servings.

## Pulled Chicken Sandwiches

### Directions

1. Pull the meat from the chickens, discarding skin (if desired) and bones. Using two forks or your fingers, pull the meat into shreds. If desired, chop the seasoned skin and add it to the chicken.

2. In a 4-quart Dutch oven, heat the olive oil over medium heat. Add onion and sweet pepper; cook and stir about 5 minutes or until tender. Add vinegar. Cook and stir for 1 minute more. Stir in tomato sauce, basil, honey, and salt. Bring to boiling. Add the chicken, tossing gently to coat. Heat through.

3. To serve, use a slotted spoon to place chicken mixture on bottoms of bread loaves. Top with pickle slices; replace tops of bread. Cut loaves into serving-size portions. Makes 12 servings.



"Hot sandwiches don't come any easier. Just pull the meat from store-bought rotisserie chickens and add it to a spicy homemade sauce."

### Ingredients

- 2 (1 to 2-pound) purchased roasted chickens
- 2 medium onions cut into 1/4-inch-thick slices
- 1 cup chopped green or red sweet pepper
- 2/3 cup cider vinegar or white wine vinegar
- 2 - 12-inch loaves ciabatta bread, split and toasted
- 1 (8-ounce) can tomato sauce
- 1/4 cup snipped fresh basil
- 1/4 cup honey
- 1 tsp. salt
- 1 Tbs. olive oil
- Pickle slices

shop online

**NEW SEASONS MARKET**

**NOW DELIVERING**

Your favorite neighborhood grocery store now delivers groceries right to your home or office.

[www.newseasonsmarket.com](http://www.newseasonsmarket.com)  
you click. we deliver. (or pull up for pick up)