

Dear Friends,

So many of you have asked me for the Hoe Down recipes that we used for the "Pulled Pork" and the "St. Louis Ribs" that I thought it might be fun to include it on the church website and newsletter. Sooooo, here goes.

Pulled Pork

- Purchase a 10 or 11 pound Boston Butt and removed any thick layers of fat, leaving perhaps a quarter inch of fat to prevent the meat from drying out. Rinse it off well and dry it as much as possible.
 - Mix together one cup apple juice and 4 tablespoons honey. Using a marinade or meat injector, inject the mixture slowly into several areas of the roast.
 - Rub it down with a very thin coating of Dijon Mustard.
 - At this point, rub it down with a fairly heavy coating of "John Henry's, Wild Cherry Chipotle" dry rub which is available at All Grill, in Oviedo.
 - It's now ready for the smoker/grill. Add a couple of fist size chunks of hickory or oak and when the temperature stabilizes at 200 to 220°F, place the roast, fat side down, on the smoker and forget it for the next 10 hours (at which time your curiosity is driving you nuts) and take a quick peek.
 - Use an instant read thermometer and when the internal temperature reaches about 180°F, it's ready to come off the grill. Mine usually take 12 to 15 hours, and at this point, weigh about 6 pounds. "Pull" the pork while the meat is hot. Add your own favorite BBQ sauce.
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St Louis Style Ribs

This recipe is the easiest one of all. I went directly to the website www.bbqpitboys.com/how_to_trim_st_louis_spare_ribs.html and followed the ole boy's advice to a tee. One difference Jerry and I noticed was that they were fully cooked in about 3 hours.

Enjoy your BBQ and we'll see you at next year's Fall Hoe Down on November 6th, 2010.

God Bless You,

Bill