

PRIMAL GRILL – RECIPES

7. SHOULDERS AND BUTTS

South Carolina Smoked Pork Shoulder

Balinese Roast Pork (Babi Guling) with Grilled Green Beans and Saffron Rice

Pit-Roasted Pork (Cochinita Pibil)

SOUTH CAROLINA PULLED PORK SHOULDER WITH MEMPHIS MUSTARD SLAW

Source: BBQ USA by Steven Raichlen (Workman, 2003)

Method: Indirect grilling or smoking

Serves 12 to 14

For the rub and Boston butt:

2 teaspoons dry mustard

2 teaspoons sweet paprika

2 teaspoons salt

1 teaspoon freshly ground black pepper

1 teaspoon ground white pepper

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 to 1 teaspoon cayenne pepper

1 Boston butt (bone-in pork shoulder roast), 5 to 7 pounds

For the mop sauce:

2 cups distilled white vinegar

1/2 cup Dijon-style mustard

1/2 cup water

1 tablespoon salt

2 teaspoons freshly ground black pepper

For serving:

10 to 12 hamburger buns

3 tablespoons butter (optional), melted)

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Thinly sliced sweet or dill pickles
Memphis Mustard Slaw (recipe below)

You'll also need:

4 to 6 cups hardwood chips (preferably hickory), soaked in water to cover for 1 hour, then drained

Combine the dry rub ingredients in a small bowl and stir to mix. Sprinkle the rub all over the pork, patting it onto the meat with your fingertips. Let the pork cure at room temperature while you make the mop sauce.

Make the mop sauce. Combine the vinegar, mustard, water, salt and pepper in a large nonreactive mixing bowl, add 1/2 cup of water, and whisk until the salt dissolves.

Set up the grill for indirect grilling and preheat to medium-low (about 250 degrees F). If using a gas grill, place all the wood chips or chunks in a smoker box or smoker pouch and run the grill on high until you see smoke, then reduce the heat to medium-low. If using a charcoal grill, place a large drip pan in the center, preheat the grill to medium-low, then toss 1 cup of the wood chips or chunks on the coals.

When ready to cook, place the pork, skin side up, if there is one, in the center of the hot grate over the drip pan and away from the heat. Cover the grill. Cook the pork until darkly browned on the outside and very tender inside, 4 to 6 hours. To test for doneness, use an instant-read meat thermometer: The internal temperature of the pork should be about 195 degrees F. If the pork starts to brown too much (and it probably will), cover it loosely with aluminum foil, but remember that the browned bits are good, too. Every hour for the first 4 hours, swab the pork with some of the mop sauce, using a barbecue mop or basting brush. If using a charcoal grill, every hour you'll need to add 12 fresh coals and 1/2 cup of wood chips or chunks to each side.

Transfer the pork to a cutting board, cover it loosely with aluminum foil, and let it rest for 20 minutes. You could pull or chop the pork, but I like to slice it across the grain (the practice of many South Carolina Pit masters). Place the pork slices in an aluminum foil pan. If you are not quite ready to serve, cover the pan with aluminum foil and place it on a warm—not hot—grill or

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in a low oven.

If desired, brush the hamburger buns with the melted butter and lightly toast them on the grill. Load each bun with pork. Top with pickle slices. Serve at once with South Carolina Mustard Barbecue Sauce.

South Carolina Mustard Barbecue Sauce

Makes about 3 cups

1 tablespoon butter
1 small onion, finely chopped
1 clove garlic, minced
1 cup Dijon mustard
3/4 cup firmly packed brown sugar
3/4 cup distilled white vinegar
1 tablespoon hot sauce (preferably Crystal), or more to taste
Coarse salt (kosher or sea)
Freshly ground black pepper

Melt the butter in a heavy nonreactive saucepan over medium heat. Add the onion and garlic and cook until soft but not brown, about 3 minutes.

Stir in the mustard, brown sugar, vinegar, and hot sauce and add 1/2 cup of water. Let the sauce simmer, uncovered, until thick and richly flavored, 6 to 10 minutes. Taste for seasoning, adding more hot sauce as necessary and seasoning with salt and pepper to taste. Let the sauce cool to room temperature before serving. In the unlikely case you have any mustard sauce left, store it in a clean jar in the refrigerator. It will keep for at least a week; bring it to room temperature before serving.

BALINESE ROAST PORK ***BABI GULING***

Source: The Barbecue Bible by Steven Raichlen (Workman, 2008)

Method: Rotisserie or indirect grilling

Serves: 6 to 8

1 boneless pork shoulder roast (about 4 pounds)

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- 4 large shallots, peeled
- 4 to 8 Thai chiles or 2 to 4 jalapenos
- 4 cloves garlic, peeled
- 2 tablespoons chopped fresh ginger
- 1 tablespoon chopped fresh turmeric or 1/2 teaspoon ground turmeric
- 1 tablespoon chopped fresh galangal or additional ginger
- 3 stalks fresh lemongrass, trimmed and finely chopped (about 1/4 cup), or 3 strips lemon zest
- 1-1/2 teaspoons ground coriander
- 1 teaspoon finely ground black pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon firmly packed light brown sugar
- 2 teaspoons coarse salt (kosher or sea)
- 5 tablespoons vegetable oil, or more as needed

You'll also need:

Butcher's string

Using a sharp, heavy knife, cut a deep pocket in one side of the roast, starting and ending about 3/4 inch from each end and cutting almost all the way through to the other side. Set the roast aside while you prepare the spice paste.

Combine the shallots, chiles, garlic, ginger, turmeric, galangal, lemongrass, coriander, pepper, lime juice, sugar, and salt and 2 tablespoons of oil in a mortar and pound to a smooth paste with the pestle. Or combine all the ingredients in a food processor or mini chopper and process to a smooth paste.

Heat 3 tablespoons of the oil in a wok or small nonstick skillet over medium heat. Add the spice paste and saute until fragrant and shiny, about 5 minutes, stirring occasionally. Remove from the heat and cool, about 15 minutes.

Spread half of the spice paste into the pocket you cut in the pork. Tie the roast, using butcher's string, at 1 inch intervals, or pin the opening shut with metal skewers. Using a rubber spatula, spread the remaining paste over the entire surface of the roast and set aside while you prepare the grill.

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Rotisserie Method: Set up the grill for the rotisserie and preheat the grill to high. When ready to cook, skewer the roast lengthwise on the spit and let it rotate on the grill until nicely browned and cooked through, 1 to 1-1/2 hours, brushing with the remaining oil as needed. (If using charcoal, add 10 to 12 fresh coals per side after 1 hour.) When tested with an instant-read meat thermometer, the internal temperature should read 170 degrees.

Indirect Grilling Method: Set up the grill for indirect grilling, placing a drip pan in the center of the coals, and preheat to medium. When ready to cook, oil the grill grate. Place the roast on the hot grate over the drip pan, cover, and cook until nicely browned on all sides and the internal temperature is 170 degrees F, 1-1/2 to 2 hours, basting occasionally with the remaining oil. Add fresh coals as above.

Transfer the roast to a cutting board or platter, removing it from the spit first, if needed, and let stand for 10 minutes. Remove the string or skewers and slice into thin crosswise slices to serve.

BALINESE YELLOW RICE ***NASI KUNING***

Source: The Barbecue Bible by Steven Raichlen (Workman, 1998)

Serves: 6

3 cups jasmine rice

1-1/2 cups coconut water or plain water

1-1/2 cups chicken broth, homemade or canned low-sodium

3/4 cup coconut milk

1 stalk fresh lemongrass, trimmed and flattened with the side of a cleaver,
or 1 teaspoon grated lemon zest

4 slices fresh galangal or ginger (each 1/4 inch thick), lightly crushed with
the side of
a cleaver

1/2 teaspoon ground turmeric

1 tablespoon salt

Place the rice in a large bowl and add cold water to cover by 3 inches. Swirl the rice around with your fingers until the water becomes cloudy, then pour through a strainer to drain. Repeat until the water remains clear, 4 to 6

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rinsings.

Place the coconut water, chicken broth, coconut milk, lemongrass, galangal, turmeric, and salt in a large heavy pot and bring to a boil over high heat. Add the rice and return the water to a boil. Reduce the heat to low and cover the pot tightly. Cook the rice until just tender, 15 to 18 minutes. Remove the pot from the heat and let the rice stand, covered, for 5 minutes.

Gently fluff the rice with a fork. Remove the lemongrass and galangal slices. To serve the rice in the traditional Balinese manner, pack it into a lightly oiled large funnel or other cone-shaped mold. Let stand with the wide opening propped up in a deep bowl or pot covered with aluminum foil for 3 minutes. Place a platter over the base of the mold and invert and unmold the rice onto it.

CUCUMBER SALAD

Source: Raichlen on Ribs by Steven Raichlen (Workman Publishing, 2006)

Makes about 1 cup

3 tablespoons rice vinegar or distilled white vinegar
1 tablespoon sugar
1/2 teaspoon coarse salt (kosher or sea)
2 Kirby (pickling cucumbers), peeled and very thinly sliced
1/4 medium onion, thinly sliced crosswise

Place the vinegar, sugar, and salt in a nonreactive mixing bowl and whisk until the sugar and salt dissolve. Stir in the cucumber and onion. Let the salad marinate in the refrigerator, covered, for at least 10 minutes or as long as 4 hours before serving.

GRILLED LONG BEANS

Source: The Barbecue Bible by Steven Raichlen (Workman Publishing, 2008)

Method: Direct grilling

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Serves: 4

1 pound long beans (see Note) or green beans
2 tablespoons sesame oil
Salt and freshly ground black pepper, to taste
1 tablespoon sesame seeds, toasted

Preheat the grill to high. Bring a large pot of salted water to a boil and cook the beans until crisp-tender, about 3 minutes. Refresh in a bowl of ice water and drain well. Cut each bean into 8- to 9-inch lengths and tie each into a loose knot (see Note). Let dry on paper towels

When ready to grill, preheat a vegetable grate (if using) for 5 minutes. Brush the knotted beans with sesame oil and sprinkle with salt and pepper. Arrange on the hot grate and grill, turning with tongs, until nicely browned, 4 to 6 minutes in all. Transfer the long beans to plates or a platter, sprinkle with the sesame seeds, and serve immediately. (Optional serving idea: Tie bundles of beans together with blanched scallion greens.)

Note: Long beans are available through some specialty produce stores, or can be ordered from [HYPERLINK "http://www.melissas.com"](http://www.melissas.com) www.melissas.com. If using regular green beans, thread them, 4 or 5 at a time, crosswise on short bamboo skewers (the effect is raft-like). Young, slender green beans don't need to be parboiled.

PIT-ROASTED PORK IN THE STYLE OF THE YUCATÁN (PIBIL)

Method: Indirect grilling

Serves: 12

Advance Preparation: At least 4 hours for marinating the meat

1 medium white onion, cut in quarters
4 cloves garlic
1/4 cup *achiote* paste
1/3 cup fresh orange juice
1/3 cup fresh lime juice
1 tablespoon red wine vinegar
1 teaspoon ground cumin

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1/2 teaspoon oregano, preferably Mexican
2 teaspoons coarse salt (kosher or sea)
1 teaspoon freshly ground black pepper
1 pork shoulder roast (4 to 5 pounds)
Fresh or frozen banana leaves or a 12 x 24 inch sheet of aluminum foil (optional)

For serving:

Yucatecan Pickled Onions

Xni Pec Salsa

Corn tortillas, warmed or toasted over the fire

Heat a dry comal or frying pan over medium-high heat. Saute the onion and garlic until they are nicely browned on all sides: 8 to 10 minutes for the onion, 4 to 6 minutes for the garlic.

Alternatively, you can roast the onion and garlic on a preheated grill over high heat. Thread the onion quarters on slender bamboo skewers, and the garlic cloves on skewers or toothpicks. Grill the onion and garlic until nicely browned on all sides (4 to 8 minutes per side for the onion, 2 to 4 minutes for the garlic).

Place the onion, garlic, *achiote* paste, orange juice, lime juice, vinegar, oregano, salt, and pepper in a blender jar and puree until smooth.

With a sharp knife, make shallow slits (about 1/2 inch) on the surface of the meat. Place the pork shoulder in a deep bowl just large enough to hold it or in a large resealable plastic bag. Pour the marinade over the pork and marinate for at least 4 hours, or more ideally, overnight, turning two or three times. Wrap the pork in banana leaves (or in aluminum foil), pinning the leaves shut with toothpicks or bamboo skewers.

When ready to cook, set up the grill for indirect grilling and preheat to medium (350 degrees F). If using a charcoal grill, put an aluminum drip pan in the center. Brush and oil the grill grate.

Place the pork shoulder in the center of the grill, over the drip pan, and away from the heat. Cover, and indirect grill until the pork is cooked through inside. Cooking time will be 2 to 2-1/2 hours. To test for doneness, insert

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an instant-read thermometer in the meat; the temperature should be about 190 degrees F.

Transfer the *pibil* to a cutting board and let rest for 10 minute. Pull out and discard the shoulder bone and any large lumps of fat. Finely shred the pork, using 2 forks, or finely chop with a cleaver. If you have any drippings from the drip pan, you can stir in a few spoonfuls. Transfer the meat to a platter. Serve the *pibil* on warm tortillas (warm them for 10 seconds per side on the grill), with Yucatecan Pickled Onions, and the *Xni Pec* Salsa.

YUCATECAN PICKLED ONIONS (*CEBOLLAS ENCURTIDAS YUCATECAS*)

Makes about 1-1/2 cups

1 tablespoon coarse salt (kosher or sea), plus more to taste
1 large red onion, peeled, sliced 1/8 inch thick, and separated into rings
2 cloves garlic, peeled and quartered
1/2 teaspoon freshly ground black pepper
1/2 teaspoon oregano, preferably Mexican
1/4 teaspoon ground cumin
1 bay leaf
3 whole allspice berries
1/2 cup distilled white vinegar

Pour 6 cups of cold water into a medium nonreactive saucepan. Add salt, and stir to dissolve. Add onions and garlic. Bring to a boil over medium-high heat; boil for 1 minute. Remove from heat and drain onions.

Return onions and garlic to the saucepan. Add the pepper, oregano, cumin, bay leaf, allspice, and vinegar. Add enough water to cover the onions and bring to a boil over medium heat. Remove from heat, cover the saucepan, and allow to rest and cool. Taste, and add more salt if needed. Pour onions into a covered bowl or glass jar, then refrigerate. Will keep up to a week.

XNI PEC SALSA “DOG’S SNOOT” SALSA

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Makes about 1 cup

- 2 to 8 fresh habanero or serrano chiles, finely chopped (for a hotter salsa, leave seeds in)
- 1 large fresh ripe tomato, cut into 1/4-inch dice, with juices
- 1 small white onion, finely chopped
- 3 tablespoons fresh cilantro, finely chopped
- 3 tablespoons fresh sour orange juice, or 2 tablespoons fresh lime juice and 1 tablespoon fresh orange juice
- 1/2 teaspoon coarse salt (kosher or sea), or more to taste

Combine the chiles, tomato, onion, cilantro, sour orange juice, and salt in a nonreactive serving bowl. Toss gently to mix. Correct the seasoning, adding more chiles, sour orange juice, or salt as necessary. The salsa tastes best when freshly made.