AMERICAN · DINNER · LUNCH

Texas-Style Salt and Pepper Pulled Pork

495 min · plus about 2 hours resting · Serves 14 · 442 kcal a serve · Video 8:49 · HowToBBQRight

Carnivore · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Just pork, salt and pepper: one serve gives about 35 g of protein with selenium, zinc and vitamin B12 and no sugar from rubs or sauce, though the salt-and-pepper bark makes it salty.

Diet notes: Keto (0.8 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients 3 · SERVES 14

- [ ] 1 **bone-in pork butt** (Boston butt), about 8 lb
- [ ] ¼ cup **coarse kosher salt** (mixed 50:50 with the pepper)
- [ ] ¼ cup **coarse ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Set up a smoker or kettle for indirect cooking at 275°F, adding a few chunks of oak or other hardwood to the hot coals for smoke. 1:47
2. Mix the salt and pepper in a shaker jar and give the pork butt a good, even coat on every side. There is no need to trim much. 0:47
3. Smoke fat-side down for 4–5 hours, without opening the lid, until a dark bark has formed and the centre is about 165–170°F. 2:41
4. Wrap the pork tightly in butcher paper (or foil), return it to the pit with a probe thermometer and cook until the centre reaches 198–200°F, about 2–3 hours more. 3:29
5. Rest it, still wrapped, in a dry esky or cooler for at least 1 hour, ideally 2. Pull out the blade bone and shred the meat by hand, mixing the bark through. 5:00

> **Tip** Serves about 14 (our estimate from 8 lb). We count all ¼ cup of salt, so sodium is high (about 1,760 mg a serve); a lighter coat cuts it. In Texas it comes with bread, onion and jalapeños. Freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 14 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
442 kcal	35 g	1.3 g	0.5 g	32 g	1,760 mg
1,850 kJ	70% of a day	0.8 g net · 0 g sugars	2% of a day	12 g saturated	77% of a day
		0% of a day		41% of a day	

Energy from net carbs 1% · protein 32% · fat 67% — fits keto: 0.8 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 91% · Zinc 51% · Vitamin B12 50% · Vitamin B6 26%

Source of (10–19%) Iron 12% · Potassium 11% · Vitamin D 11%

⚠ One serve has about 77% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: HowToBBQRight (@howtobbqright) on YouTube — youtube.com/watch?v=k8yRj1RS5rA, published 28 June 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/texas-salt-pepper-pulled-pork