

Pulled Pork from She Makes and Bakes

Total time: about 10 hours

3-4 pound boneless pork shoulder

1/4 teaspoon ground pepper

1/4 teaspoon kosher salt

2 cups water

1 tablespoon hickory flavored liquid smoke



Rinse and pat dry the pork shoulder. Season it with salt and pepper all over and place it in the Crockpot. Pour the water and liquid smoke in the Crockpot and cook on low for 8-10 hours until very tender. Remove the meat from the Crockpot and shred with two forks. Serve with homemade BBQ sauce (below).

Homemade BBQ Sauce Recipe (no cook)

Makes about 3 cups

Total time about 5 minutes

1 1/2 cups ketchup

1/2 cup molasses

2 tablespoons cider vinegar

3 tablespoons honey

1 1/2 teaspoons hot sauce

1/2 teaspoon liquid smoke

Salt and pepper, to taste

Combine all the ingredients in a large bowl and whisk to combine. Store covered in the refrigerator for several weeks.

Variations:

--Add a few tablespoons of peach or apricot jam for a fruity BBQ sauce

--Add extra hot sauce for a spicy kick

--Add a few tablespoons of Jack Daniels or another whiskey/bourbon for an adult version (just make sure to tell people that it's not cooked off)

Pulled pork recipe from [Mel's Kitchen Cafe](#)

BBQ sauce recipe from [Pink Parsley](#)