



PORK SHOULDER:

Delicious Mealtime Solutions
from Easy and Affordable to Low and Slow
POCKET GUIDE to PORK volume 4

pork[®]

Be inspired™

**BLADE BOSTON-STYLE
SHOULDER**
shoulder roast

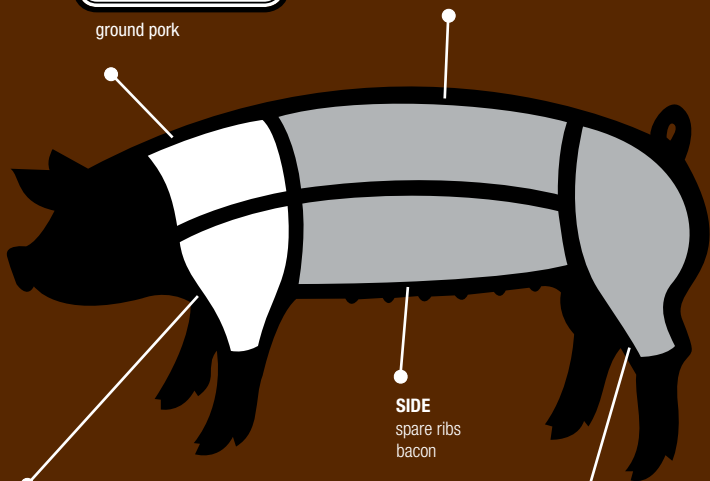
ground pork

LOIN
pork chops

tenderloin

roasts:
loin roast
rib roast (rack of pork)

ribs:
back ribs
country-style ribs



SIDE
spare ribs
bacon

**ARM PICNIC
SHOULDER**
shoulder roast

smoked hocks
shanks

LEG
cured ham
fresh leg



Our **Pocket Guide to Pork** series touts the tenderloin, covers the chop and gives you guidance on ground pork. Here's another way for you to freshen up mealtime for your family! **It's our pleasure to introduce you to the pork shoulder.**

Budget-friendly, versatile and tasty, you won't want to give this pork cut the "cold shoulder"!

It can be cooked low and slow – like in savory pulled pork recipes – or tapped for easy weeknight family meals, like flavorful roasts.

This guide will help you navigate the ins and outs of the pork shoulder – from slow cooking success to how to cut it for soups and stews to barbecuing basics. We're laying all our cards on the [kitchen] table and our best recipes, too, to help you master all the secrets of the shoulder.



After you've cooked your way through these pages, check out **PorkBeInspired.com** for more pork shoulder recipes, as well as convenient and efficient tools, tips and information.

Now, get ready to sizzle and stew!

The logo features the word "pork" in a white, lowercase, sans-serif font inside a blue, rounded, teardrop-shaped bubble. Below this bubble, the words "Be inspired" are written in a black, lowercase, cursive-style font. A small registered trademark symbol (®) is located to the right of the word "inspired".
Be inspired™

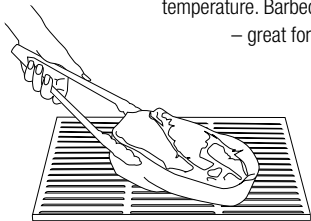
Preparing Pork Without Getting the “Cold Shoulder”

Pork shoulder is not only inexpensive, but extremely adaptable when it comes to preparation method. Whether you're the king of barbecue, a novice chef or have been using mom's pot roast recipe for years, these basic tips will help you create a delicious dish from start to finish. Easy and affordable, low and slow – you're sure to achieve full bellies and ear-to-ear smiles no matter which method you select!

STEWING Hands down, stewing is one of the easiest ways to prepare your pork shoulder since prep time is so minimal. Just cube the pork shoulder, add a little bit of liquid and gently simmer all the ingredients in a heavy pot with a lid. Make sure it's fully covered in its liquid, and once it's hot, go ahead and serve.



BARBECUING BBQ = low and slow! With this method, you'll have an open pit or use a spit with coals, hardwoods, gas or electricity as a heat source, and the shoulder will be cooked a long time at a low temperature. Barbecuing turns out dishes with loads of flavor – great for pulled pork or carnitas.



ROASTING A roasting pan and oven are all you need to roast up a tender, flavorful shoulder. You've got a built-in sauce too – pan drippings from the meat are great to use in making a stock, gravy or sauce. Try infusing some flavors you're not used to – that's a sure way to spice up mom's old pot roast!

QUICK HINT!

For a crisp surface on your roast, be sure the oven is fully preheated before placing it in and do not cover the meat while roasting.



BRAISING When braising shoulder, similar to stewing, you sear and then simmer the pork with liquid on low heat in a covered pot. The best equipment to use would be a crock pot, pressure cooker or Dutch oven. The end result is tender and flavorful – one-pot cooking at its finest!



QUICK HINT!

Searing prior to braising can enhance flavor and color. To sear, heat olive oil on high. As the oil begins sizzling and popping, sear the pork on all sides for 2 minutes per side.

MUST-HAVES

Use the following to serve up pork shoulder in a variety of ways.

1. STEW POT



2. SLOW COOKER



3. ROASTING PAN



4. THERMOMETER



5. GRILL



Pork Shoulder Defined

In the meatcase, the terminology for pork shoulder can vary widely depending on the region. The upper part of the shoulder is referred to as the Boston blade roast (also known as Boston-style butt). The lower arm portion of the shoulder is most commonly called the arm picnic.

The blade Boston-style roast is best pot-roasted whole, cut up for stews or cooked over moist smoke in a smoker to transform it into classic pulled pork barbecue. Whether it is roasted, braised or barbecued, this pork shoulder roast becomes meltingly tender and deliciously flavorful.

The arm picnic is usually bigger and cured, which gives it a ham-like flavor.

A fresh arm picnic roast can be substituted in recipes that call for the Boston blade roast. Smoked hocks and shanks also come from the picnic shoulder.

Handling Basics

It is safe to cook frozen or partially frozen pork in the oven, on the stove or grill without defrosting it first; the cooking time may be about 50% longer. Use a meat thermometer to check for doneness, by inserting it in the thickest part of the pork shoulder. It is best if frozen pork roasts are cooked at an oven temperature of 325° F. Do not cook frozen pork in a slow cooker.

Freezing Basics

Buying larger quantities can be easier on your pocketbook and, since pork shoulder is easily stored in the freezer and defrosted for meals at a later time, buying in bulk is a win/win. Simply wrap the pork tightly in specially coated freezer paper (place the waxed side against the meat) or heavy-duty aluminum foil and seal it in a heavy-duty plastic bag. Well-wrapped pork shoulder can be stored in the freezer for about 3 months, but with all the mouth-watering recipes featured, surely you'll get a hankering for it well before that time.

Taking a Culinary Trip Around Your Kitchen

So that mealtime isn't resting only on your shoulders, we've got just what you need to prepare a week's worth of family-friendly meals using pork shoulder. We'll start you with the basics. Since few foods are as versatile as pork – it can pair with nearly any flavor – we'll serve up a taste of regional and international flavors for fun ways to spice up mealtime. Ethnic fusion cuisine continues to be one of the hottest trends popping up in restaurants across the country. So why not bring it to your kitchen?

Ease into the traditional preparation of pork shoulder by trying our **Iron Range Pot Roast** and **Oven-Barbecued Pork**. Then, we'll get you cookin' regional cuisine like our **North Carolina Pulled Pork BBQ Sandwiches** and **Milwaukee Pork Stew** from here in the States. They not only taste great, but they're effortless to make, too! Once you get the hang of those, try moving out of your comfort zone, and complete your tasty trip with **Roast Pork Shoulder Caribbean-Style** or **Moroccan-Style Pork Shoulder Roast** – these recipes will be sure to keep you covered all year-round.

We know your stomach is rumbling – so get cooking!

FLAVOR BOOSTERS

These flavorful items are probably already in the pantry, so put them to good use.

1. ONION AND GARLIC



2. GREEN CHILIES



3. FRUIT FLAVORS: LEMON, ORANGE, APRICOT, RAISIN



4. CUMIN, OREGANO, SOY SAUCE AND CURRY POWDER



HOW TO USE A SLOW COOKER

Plug it in and turn it on – couldn't be simpler! For those first-time users, we've got several tips:

1. Fill the slow cooker $\frac{1}{2}$ to $\frac{2}{3}$ full. The foods will not cook properly if the appliance is filled to the top. If the food and liquid level is lower, the foods will cook too quickly.
2. Most meats (including pork) require 8 hours of cooking on **LOW**. Liquids plus long cooking times result in very tender meats.
3. Defrost frozen meat before adding it to the slow cooker.
4. Add your vegetables at the end so they don't overcook.

Iron Range Pot Roast



Iron Range Pot Roast

COOKING DIRECTIONS

Mix together seasonings and rub over all surfaces of pork roast. Brown roast in a little oil in large skillet over medium-high heat, turning often to brown evenly. Place potatoes and garlic in 3½-4 quart slow cooker, pour broth over and top with browned pork roast. Cover and cook on low for 8-9 hours, until pork is very tender. Slice pork to serve with vegetables and juices. *Serves 6-8.*

SERVING SUGGESTIONS

"Porketta" is a seasoned pork roast that was popular with the Italian immigrants who came to mid-Minnesota to work in the iron mines. This hearty dinner needs just a green salad tossed with vinaigrette.

NUTRITION FACTS PER SERVING

Calories: 380; Protein: 34 g; Fat: 17 g; Sodium: 520 mg; Fiber: 2 g;

Cholesterol: 115 mg; Saturated Fat: 6 g; Carbohydrates: 20 g

INGREDIENTS

3-pound boneless pork shoulder roast, (Boston Butt)

2 tsp. Italian seasoning

1 tsp. fennel seed, crushed

1 tsp. salt

½ tsp. celery seed

½ tsp. black pepper

2 large potatoes, peeled and cut into ¾-inch slices

4 cloves garlic, peeled and sliced

¾ cup beef broth, (or water)

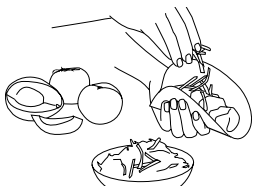
Cooking Basics

	APPROX. THICKNESS	TOTAL COOKING TIME
STEWING cooked, covered, with liquid at slow simmer	1-inch cubes	45 - 60 minutes
BARBECUING over indirect heat	3 to 6 pounds	45 minutes /pound
ROASTING roast in a shallow pan, uncovered at 350° F	3 to 6 pounds	30 minutes /pound
BRAISING cooked, covered, with a liquid at a simmer	1-inch cubes 3 to 6 pounds	8 -10 minutes 2 - 2½ hours

See pg. 17 for Temperature Basics.

HOW TO DRESS YOUR CARNITA

Spice up mealtimes with this traditional and popular Southwestern dish. Shoulder meat is best cooked for a longer period of time to make tender. Set the table so that everyone can create their own tortilla-filled meal. No fiesta is complete without toppings including cheese, sour cream, avocados, corn and salsa! Olé!



Oven-Barbecued Pork



Oven-Barbecued Pork

COOKING DIRECTIONS

Adjust oven rack to lowest position and heat oven to 250° F. Mix brown sugar, paprika, salt, pepper and garlic powder in small bowl. Pat roast dry and place on roasting rack set over foil-lined shallow baking sheet. Lightly sprinkle top and sides of roast with salt, brush with half the mustard and sprinkle with half the spice rub. Carefully turn roast over. Sprinkle with a little salt, brush with remaining mustard and sprinkle with remaining spice rub. Roast until meat thermometer registers 170° F, 9-11 hours, depending on size. Transfer pork to platter and cool enough to handle, about 1 hour. Cut roast into 1- to 2-inch chunks and shred meat into a large bowl. Add enough pan drippings to moisten pork and stir to combine. *Serves 12-20.*

SERVING SUGGESTIONS

Invite guests to partake in a “make-your-own carnitas” bar, complete with Oven-Barbecued Pork, tortillas, guacamole, sour cream and salsa.

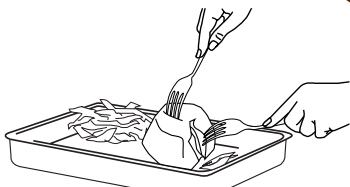
NUTRITION FACTS PER SERVING

Calories: 470; Protein: 60 g; Fat: 22 g; Sodium: 600 mg; Fiber: 1 g;
Cholesterol: 205 mg; Saturated Fat: 8 g; Carbohydrates: 6 g

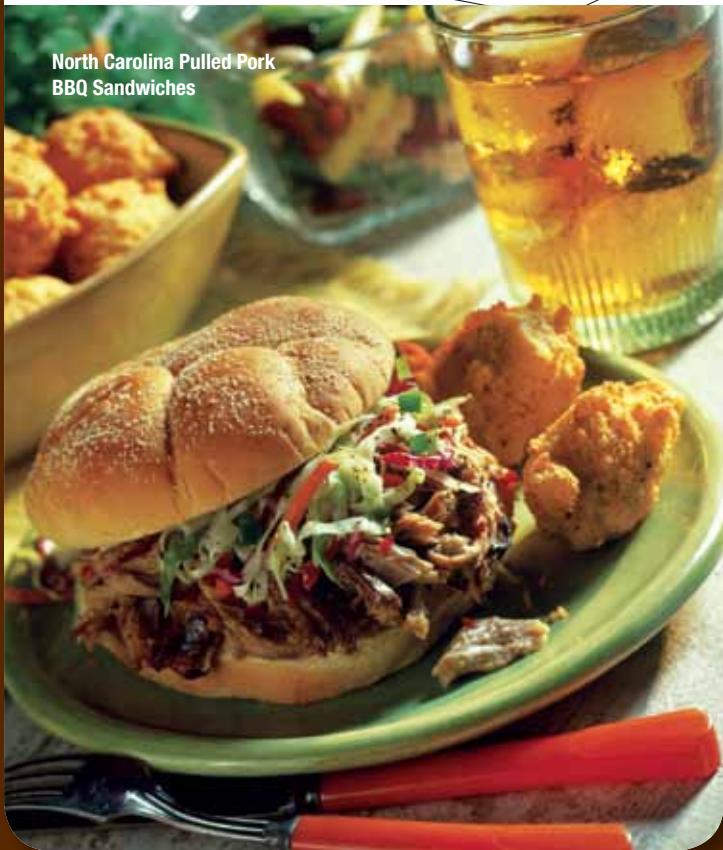
INGREDIENTS

- 1 bone-in pork shoulder butt roast, OR fresh picnic shoulder (8-9 pounds)
- 3 Tbs. brown sugar, packed
- 3 Tbs. paprika
- 1½ tsp. salt, plus more for sprinkling
- 1½ Tbs. black pepper, coarsely ground
- 1½ Tbs. garlic powder
- ½ cup Dijon mustard

HOW TO PULL PORK By pulling the meat apart by hand (with or without a fork in both), you leave the texture of the meat intact. To shred, pull the warm pork into small strips away from the bone, separating any remaining fat or bones. This will leave you with tender delicious meat.



North Carolina Pulled Pork BBQ Sandwiches



North Carolina Pulled Pork BBQ Sandwiches

COOKING DIRECTIONS

BBQ Sauce: In medium bowl, combine vinegar, brown sugar, red pepper flakes, Worcestershire sauce, salt and hot pepper sauce. Divide sauce into two portions; set aside.

Pulled Pork: At least 1 hour before grilling, soak wood chips in enough water to cover; drain before using. Rub meat with salt and black pepper. In a charcoal grill* with a cover, place preheated coals around a drip pan for medium indirect heat. Add ½-inch hot water to drip pan. Sprinkle half of the drained wood chips over the coals. Place meat on grill rack over drip pan. Cover and grill about 4 hours or until meat is very tender. Add more preheated coals (use a hibachi or a metal chimney starter to preheat coals), wood chips and hot water every 1-1½ hours. Remove meat from grill; cover with foil and let stand for 20-30 minutes. Using a fork, shred meat into long, thin strands. Pour sauce over shredded meat; toss to coat. Serve on toasted buns. If desired, top meat with coleslaw. Serve remaining sauce on the side. *Serves 10-12.*

* Note: For gas grills, preheat and then turn off any burners directly below where the food will go. The heat circulates inside the grill, so turning the food is not necessary.

SERVING SUGGESTIONS

Top the sandwich with some coleslaw for a crunchy, cool contrast. Have your favorite side dishes and some cold watermelon for dessert.

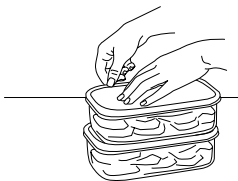
NUTRITION FACTS PER SERVING

Calories: 397; Protein: 30 g; Fat: 17 g; Sodium: 572 mg; Fiber: 2 g;
Cholesterol: 94 mg; Saturated Fat: 6 g; Carbohydrates: 31 g

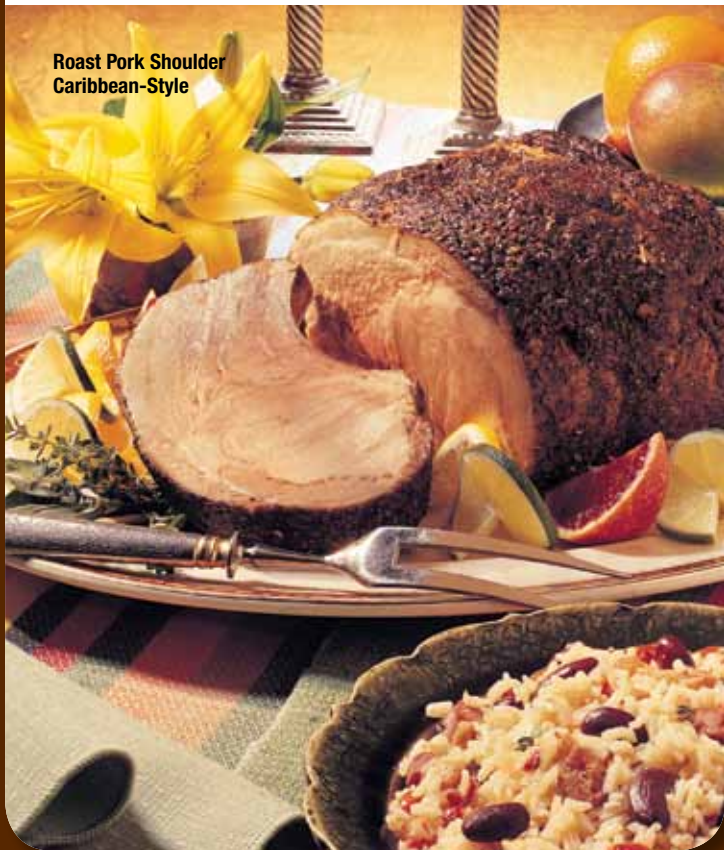
INGREDIENTS

5-5½ pound boneless
pork shoulder (butt) roast
2 cups cider vinegar
¼ cup brown sugar,
packed
1 Tbs. crushed red pepper
1 Tbs. Worcestershire
sauce
1 tsp. salt
1 tsp. black pepper
hot pepper sauce, to taste
10-12 hamburger buns,
split and toasted
coleslaw (optional)
4 cups wood chips (use
hickory or oak for best
flavor)

HOW TO STORE LEFTOVERS Roasted pork is perfect to top salads and tortillas! Leftovers should be placed in the refrigerator within 1-2 hours of serving. Store cooked leftovers in the coldest part of the refrigerator for 4-5 days. Well-wrapped leftovers can be kept in the freezer for up to 3 months.



Roast Pork Shoulder Caribbean-Style



Roast Pork Shoulder Caribbean-Style

COOKING DIRECTIONS

Using a sharp knife, make several shallow cuts (about ½-inch deep) in the pork. Spread the onion slices on the bottom of a glass or ceramic roasting pan.

Place the rest of the ingredients in a food processor or blender and process to make a paste. Rub the pork with the mixture on all sides, making sure it goes into the cuts. Place pork on top of the onions.

Cover with plastic wrap and refrigerate for about 4 hours, turning once, leaving the fat side up for cooking.

Preheat the oven to 450° F. Place the pork in the middle rack of the oven. After 30 minutes turn down the temperature to 325° F and cook an additional 2 hours, basting every 30 minutes or so with its own juices. Cook 30 minutes per pound total, or until the internal temperature as measured with a meat thermometer is 160° F.

Remove the pork from the oven and allow to rest 15 minutes before carving, discard onions. Serves 8-10.

SERVING SUGGESTIONS

The less tender shoulder cut is given a long slow cooking time to create a tender meal. Serve with red beans and rice and a tropical fruit salad.

NUTRITION FACTS PER SERVING

Calories: 282; Protein: 27 g; Fat: 16 g; Sodium: 597 mg; Fiber: 1 g;
Cholesterol: 95 mg; Saturated Fat: 6 g; Carbohydrates: 7 g

INGREDIENTS

4 - 5 pound bone-in pork shoulder

1 medium onion, thickly sliced

1 head garlic, peeled

2 Tbs. oregano

2 tsp. cumin seeds

2 tsp. salt

1 tsp. black peppercorns

2 bay leaves

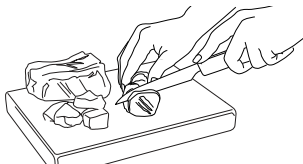
1 Tbs. lard, OR oil

Zest and juice of
1 orange, grated

Zest and juice of
1 lemon, grated

Juice of 1 bitter orange

HOW TO CUBE PORK Insert a sharp knife into the pork shoulder, cutting into slices vertically and completely going through the opposite side. Then cut the pork into slices going horizontally, like a checkerboard. Pork pieces should be small cubes, and are great for braising or using in soups and stews.



Mexican Pork Shoulder Stew



Mexican Pork Shoulder Stew

COOKING DIRECTIONS

Remove and discard skin and outer fat from cooked pork roast. Cut meat into $\frac{3}{4}$ -inch cubes. (You should have about 4 cups cubed pork.)

Place pork in a single layer in glass baking dish. Sprinkle with chili powder, garlic, cumin, salt and black pepper. Toss pork until evenly coated with seasonings. Drizzle with lime juice and 1 tablespoon oil; toss until evenly coated. Cover baking dish with plastic wrap and marinate pork in refrigerator for 30 minutes.

Meanwhile, heat remaining 2 tablespoons oil over medium heat in 6-quart soup pot or Dutch oven. Add celery, onion, carrot, and poblano and jalapeño chiles. Cook about 5 minutes or until onion is translucent and vegetables are crisp-tender, stirring occasionally.

Add marinated pork mixture to vegetables in soup pot. Cook for 2 minutes over medium heat, stirring occasionally. Stir in chicken stock, beer, oregano and bay leaves. Bring mixture to boil. Reduce heat to medium-low. Gently simmer, covered, for 30 minutes.

Stir together flour and $\frac{1}{3}$ cup cold water in small bowl until smooth. Slowly stir flour mixture into stew mixture. Increase heat to medium; cook and stir for 1 minute. Remove from heat. Serve stew in bowls or, if desired, over rice. *Serves 4.*

SERVING SUGGESTIONS

Recipe courtesy of Dave Lieberman, celebrity chef and author of *Young and Hungry: Making the Most of Fresh and Affordable Food* and *Dave's Dinners: A Fresh Approach to Home-Cooked Meals*

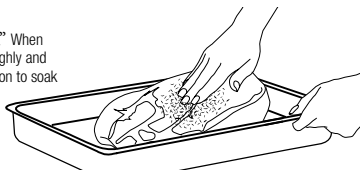
NUTRITION FACTS PER SERVING

Calories: 500; Protein: 27 g; Fat: 22 g; Sodium: 550 mg; Fiber: 3 g;
Cholesterol: 75 mg; Saturated Fat: 4 g; Carbohydrates: 41 g

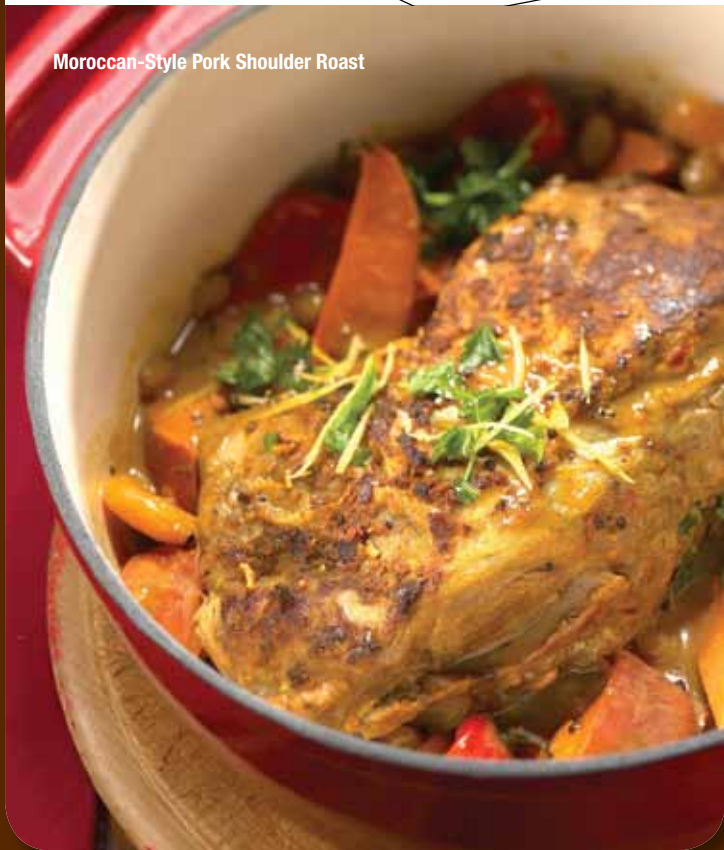
INGREDIENTS

- 1 pound boneless cooked pork shoulder roast
- 1 Tbs. Mexican chili powder
- 6 cloves garlic, minced (1½ teaspoons)
- ½ tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 Tbs. lime juice
- 3 Tbs. vegetable oil
- 2 stalks celery, thinly sliced
- 1 medium onion, roughly chopped
- 1 large carrot, peeled, halved lengthwise and thinly sliced
- 1 poblano chile, seeded and cut into ½-inch pieces
- ½ large jalapeño chile, thinly sliced
- 1¼ cups chicken stock, homemade OR 1 14-oz can reduced-sodium chicken broth
- 1 12-oz bottle Mexican lager beer
- ½ tsp. dried oregano leaves
- 2 bay leaves
- 3 Tbs. flour
- 2 cups hot cooked rice, (optional)

HOW TO "RUB YOUR SHOULDER" When applying a rub, pat or rub it onto the meat thoroughly and evenly. For maximum flavor, rub it in and leave it on to soak into the meat for a few hours before roasting.



Moroccan-Style Pork Shoulder Roast



Moroccan-Style Pork Shoulder Roast

COOKING DIRECTIONS

Trim visible fat from roast. Drizzle roast with soy sauce and rub all sides with curry. Brown roast in hot olive oil in a Dutch oven. Add remaining ingredients around the roast, cover with lid and place in a 350° F oven for 1½-2 hours or until roast and potatoes are tender.

Transfer roast with dried fruits and vegetables to a serving platter. Return pan with sauce to stovetop and bring to a boil, cook for about 5 minutes or until thickened slightly. Coarsely shred meat and serve with sweet potatoes and peppers and sauce. *Serves 8-10.*

SERVING SUGGESTIONS

Pork shoulder is cooked low and slow in this Moroccan-inspired dish. Serve over cooked couscous and with a large spinach salad.

NUTRITION FACTS PER SERVING

Calories: 365; Protein: 31 g; Fat: 20 g; Sodium: 309 mg; Fiber: 2 g;
Cholesterol: 105 mg; Saturated Fat: 8 g; Carbohydrates: 15 g

INGREDIENTS

4-5 pound boneless pork
shoulder roast

2 sweet potatoes, peeled
and cut into wedges

8 ounces baby sweet
peppers, OR coarsely
chopped and seeded
sweet bell peppers

½ cup dried fruit mix,
with apricots, plums and
raisins

1 15-ounce can coconut
milk, lite

½ cup orange juice

2 Tbs. soy sauce

2 Tbs. curry powder

1 Tbs. olive oil

Cooked couscous,
optional



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For more pork cooking survival tips and recipes you can fix for dinner tonight, get cooking and clicking at PorkBeInspired.com.



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