



# COACH SPOSATO'S BAR-B-QUE PORK



This recipe serves approximately 10 people

5 pounds of pork shoulder  
1 cup of olive oil  
½ cup of vinegar

1 pound of Head Country BBQ Spice  
1 cup of dampened rosemary sprigs  
1 cup of Coach Sposato's Bar-B-Que Sauce

1. Mix the olive oil with BBQ spice; add the vinegar a little at a time until you get the right mixture of paste consistency you desire.
2. Rub paste mixture over the pork completely.
3. Place pork in a container, cover with plastic and refrigerator overnight.
4. The following morning, put the pork on the smoker; place the dampened rosemary sprigs in the fire immediately after placing the pork in the smoker. Smoke the pork for 8 to 12 hours or until the internal temperature reaches 180°F.
5. During the final hour of smoking, liberally apply Coach Sposato's Bar-B-Que Sauce with a brush.

## COACH'S TIPS

**Pork:** Cook pork slowly. For fresh pork cook 30 to 40 minutes per inch of thickness.

### Smoking

- You don't need a fancy contraption to impart a smoky flavor to your food. "Flavored" wood chips or an assortment of fresh herbs work just as well. Wood chips come in a variety of flavors, including mesquite and hickory. To prevent burning, soak them in water for about an hour before using and place them over the coals just before you begin to cook your food. You can also soak a bunch of fresh herbs — like sage, thyme, and rosemary — and sprinkle them on the coals before cooking.
- Make sure smoker is hot before adding meat. Put meat in the smoker when the temperature reaches 300°, and then cook the meat between 200 and 250°. This will sear the meat and seal in the juices.
- Arrange charcoal around a water pan if smoking in a grill.
- Use water in your smoker to form steam to help keep your meat moist.
- Add water-soaked green wood to get more smoke; place water pan directly under meat so meat can be self-basting.
- Put baked beans or other vegetables in your smoker to get a smoked taste. Do not over smoke. Vegetables can be par-boiled before smoking.

### Cooking Meat and Food Safety

- When checking or turning meat, do not puncture the meat—puncturing allows the juices to escape.
- Use medium to medium-low coals to ensure even cooking.
- Spray a good quality vegetable spray on the meat before and after using spices. This keeps the spices on the meat.
- Use a meat thermometer to check internal temperature of the meat at the end of the smoking/cooking time.
- Meat should be salted to taste after cooking (salt will dry out the meat).
- Spray meat with apple juice every 45 minutes to prevent drying out when smoking.
- Test meat for doneness by making a small cut into the center of the meat. Remember that smoking may leave a bright pink ring just beneath the browned surface.
- It is not a safe food practice to bring meat to room temperature before cooking.
- Trim cuts of meat of all excess fat, leaving about ¼ inch around the edges.
- **ALWAYS** put cooked meat on a clean platter.
- Meat should be allowed to rest and set up at least 15 to 20 minutes before carving.

We want to hear from you!  
Do you have grilling or smoker questions?  
Do you want to give us feedback on our sauce or recipes?  
Contact Coach Sposato at: [coachbbq@pgtc.com](mailto:coachbbq@pgtc.com)

