



## HICKORY SMOKED PULLED BEEF



For Pulled Beef you need to use a Chuck Roast (Chuck Roll, Shoulder Clod). 3 to 5 pounds is a good size to use. Rub the Chuck Roast with Extra Virgin Olive Oil to act as a glue. Liberally apply your favorite Prime Rib/Roast seasoning. Wrap the Chuck Roast tightly with plastic and refrigerate overnight. Remove the roast 1 hour before cooking to allow the meat to begin coming up to room temperature. If needed, use Silicone food safe cooking bands to bind the roast.

Preheat your Wood Pellet Grill to 225°F with Gourmet BBQ Smoked Hickory or Rancher's Mesquite pellets. For planning purposes, a 5 lb Chuck Roast using this foil method will take approximately 5-6 hours to reach an internal temperature (IT) of 200°-205°F and another 1-2 hours for the "Foil, Towel, and Cooler" (FTC) process.

BBQ the Chuck Roast Low-and-Slow at 225°F for 2 hours. After 2 hours raise the pit temperature to 350°F and continue cooking until the IT reaches 150°F. Double wrap the roast in heavy duty foil and continue cooking the Chuck Roast until the IT reaches 200°-205°F. Remove the roast and FTC for 1-2 hours before pulling/shredding. Pulled Beef can be used in endless recipes ... Vacuum seal and freeze leftovers.



Recipe Compliments of Smokin' Pete ([www.smokinpetebbq.com](http://www.smokinpetebbq.com))